The Layman's Guide to Steroids II

Mick Hart's Highly Acclaimed
Best Selling
Anabolic Steroid Guides

Chapter 1

The Public View

The last few years has been quite a tester for we bodybuilders, I think that you would agree. I also think that we can safely say that we have been alienated, cast out and shoved so far underground now, that I do not think that we can go much further. The public opinion (which we will refer to as "Joe" throughout the mag - nice eh?) is basically that ALL steroids will kill you or at least make you so aggressive that you will at sometime uncontrollably beat the wife up or at least end up killing or abusing someone or something SOMEWHERE along the line. This they have had firmly embedded into their tiny minds by the media.

Any violent crime, whether it be murder, rape or even burglary, is attributed to the use of steroids. Most of the dozy twats that get caught in the first place do not even know what a steroid is never mind what it does. But alas, it seems that this is the norm, the way to draw sympathy from the judge; sadly, even they do not know what the hell steroids do and so tar us with the same brush as used in the use of harder drugs such as heroin, crack, ecstasy etc. This is very sad indeed.

The media, in their search for a story, do not care to look into the facts that surround the use of steroids. No one said that they were TOTALLY safe, but we do know for a fact that they are not physically addictive and we would welcome the comparisons between them and hard drugs. I suppose that the addiction that we do derive from their use is psychological in some ways, just the same way as there are people who are addicted to keeping fit. They cannot help doing what they are doing, they have just got to do it - they enjoy keeping fit.

From a personal point of view, I have weighed up both the fors and againsts of the use of steroids and looked at them at length. My conclusion was simple; I did not want to waste ANY more time in training natural, this took to long. As for side effects, I have not robbed or mugged anyone and as for grievous bodily harm, well, only those who deserved it , eh officer?

You see, books such as this one are looked on as, well, boosters to the industry - bollocks! What it does is tell it as it is, from the hip if you like - and so it should be. This book will not be on the shelves of W.H. Smiths, if is ever is, I will show my arse in the Co-op window with pleasure, simply because the film rights to see my anal passage, will pay for the fine - nice giggle here please.

Ever tried going to your doctor and asking what his or her views are on steroids? Ever got an answer other than, "They will kill you and you will go bald, lose your prick and the missus at the same time", or something like it. Ever wondered why the doctor's suicide rate is so high - hmnnn, let me think. Could it be that most of them really work to many hours and have not got the time to read up on this sort of thing and be able to give a really honest answer to their patient instead of sticking their heads in the sand. Could it be that they read to many newspapers and watch stupid fucking programs that have been so badly, let's say sarcastically, planned, that they themselves are brainwashed into absolutely anything. It really gets up my anal passage - it does says me!

At the time of writing this piece of literary genius, the mad cow disease-beef scare was at it's peek. Now then, no one knew their arse from their elbow on this one - they still don't, yet in order to please everyone, the answer is to kill, literally, every poor bloody cow in Britain. Same goes for steroid usage. It has been around for years and years, never bothered anyone before, then someone came along and blamed one incident on some mad arsed psycho and we all get the boot up our arses. When will they come out of the closet and say, "OK, that is it. We will prove it once and for all and show people that steroids DO harm every user". They won't simply because most of them just do not give a fuck - period! Yet they should, we want them to.

Due to ignorant public opinion and the need to try and "clean up" the sport, many of the once loyal bodybuilding publications have now turned on their own and are now screaming at the top of their voices that steroids and steroid users should be erradicated from the sport. These are people who have, with their own successes, made the magazines what they are today. What a turn around eh? Where is the loyalty in that. OK, some laws in some countries prevent such publication of certain material, yet they still find a way around it in order to pull in revenue from it use. Totally and absolutely a load of bollocks if you ask me. I can say that the NO BULL COLLECTION magazine is proud to hold it's head up high and say, "Tough, we write what we write - read it and weep". Pride is an understatement.

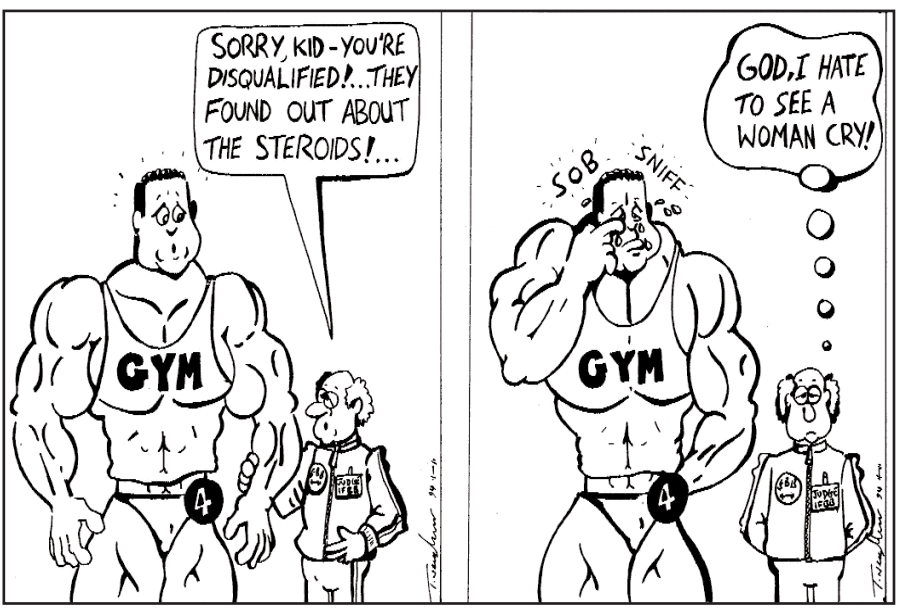
I just cannot figure it out. Why don't the powerful magazines and unions help to put the public right, explain that steroids used and not abused are not as harmful as they are led to be believed. By educating we could make it a lot safer; maybe bring on a few doctors that would give regular blood tests and assist that way. Bodybuilders would not mind being registered then, if they thought that they could get assistance of some kind. Playing this game in the dark is hard enough and without someone to give a guiding light, anything can happen - and does.

You know how all this started don't you? Well, it was all down to the point of morals. Most think it as cheating and I cannot blame anyone for that. Personally, I put it down to not wanting to wait about. Shit, life is to short and looking at the champions that have been portrayed in the mags for years and to be told (mainly by themselves) that they have never touched the stuff, is one big joke. They haven't hung about, they wanted to win, I want to be big - sod the moralistic bastards is what I say.

Same goes for the Olympic athletes. Everyone now thinks that these people are whiter than white now that a few have been caught - another giggle eh people. I can tell you that this is one big joke. I was on TV some time ago and was interviewed by a woman from the BBC - I quite enjoyed it to be honest. I was on with several people, one of which was Adrian Moorhouse, a former Gold medalist swimmer - a nice guy. A question was asked to him by the lady on his opinion of how many athletes did he think was on the gear. His answer was about 5% in his view. I burst out laughing and said - bollocks to that mate. The studio floor manager, after having a mild heart attack, shouted CUT and came up to me and asked if I could wait until he had given his answer, THEN I could give mine. He

also asked if I could be a little less specific. I agreed and waited to hear Adrian's reply again. This time he said 5-10% of athlete's (in his opinion) used steroids, I said bollocks again and there was a very loud CUT - yet again! I did not blame the guy, but I was looking around for someone bleeding to death by now.

Adrian Moorhouse had no idea as to how many of his fellow athletes were on the gear - I did though. As for the American lady expert who was sitting to my right, giving her "neutral" views on the subject, I was unsure about her. As we came out of the studio and began to walk down the labyrinth of corridors, she pulled a pack of Clenbuterol out of her pocket and asked,
"Mick, is this type OK for dieting as I have to get a few pounds off for the Summer?".
I laughed, thought my knickers would never dry out! Adrian and the presenter looked on in astonishment as I popped a couple into my mouth and said,
"Hmnnn, I believe they are - cough!".
In summary, I feel that EVERYONE needs educating about the use of steroids. Many seem to know what happens when hard drugs are taken, most have not got a jack-shit idea as to what a steroid does ne'er mind what it is.



Chapter 2

Side Effects - V - Us

One of the main reasons for much of "Joe's" misinformed understanding of the steroid scene, is the facts, true or false, about side effects. Without really going into it at any length, the general public tend to believe what is said in the national papers or by TV coverage - know one expects ANY difference. What we want Joe to realize is that WE CAN control most of the side effects with no real problem. OK, to say that things can get confusing is an understatement, especially when proven side-effect solutions are questioned after being well tested in the field of battle. My point is that many think that by altering a few ideas, people will listen - and they do, that's why many stray from the right path and wish they hadn't.

There is no doubt whatsoever, that steroids can give side effects, some quite awkward to say the least, but most of these are blown up out of proportion SO MUCH that it gets pathetic. Well OK, I am not going to hide any of the possible dangers from steroids - no way - what I am going to do is tell you ALL of them. I am also going to tell you of a few that have somehow risen from the ashes, or should I say asses, somewhere in the world of the do-gooder-type-gottaletyouknow heroes. Basically, if they cannot frighten the shit out of you in one way, they will by making the rest up. I want you to decide what is sensible and what is total bullshit. I know from personal experience that steroids have given me side effects in the past, did I sort 'em - you bet I did. The new frock and bra set looks a doozy!?

Here is a LARGE list of some of the problems that we bodybuilders have to *supposedly* suffer in order to develop that perfect physique. As I have stated later on in this chapter, I want you to understand one thing. In this book I am telling you about all the benefits of steroid use and also the naughty bits too. BUT, remember, IF you experience only a third of the side effects featured here then for fucks sake don’t even think about taking a job as a safety inspector because I would not want to work for ya - not a spunking snowballs chance in hell! Anyway, here are the possibilites and Gord Bless ya!

1. **Hair Loss**
   The male balding pattern occurs also in women. For them, it is known to be irreversable - they say.

2. **Head**
   Headaches that can be both frequent and continuous.

3. **Eyes**
   Yellow staining.

4. **Breath**
   Bad breath (what else did you expect!)

5. **Chest**
   Breast development in males. Tissue surrounding the nipple becomes swollen and sore.

6. **Liver**
   Liver tumors. Liver disease (jaundice). Complete liver failure may result.

7. **Abdomen**
   Abdominal and stomach pains with possible hemorrhaging. Nausea, vomiting and diarrhea.

8. **Prostrate**
   Enlargement

9. **Skin**
   Yellowing of the skin. Acne. Redspots and rashes over the entire body. Stretch marks.

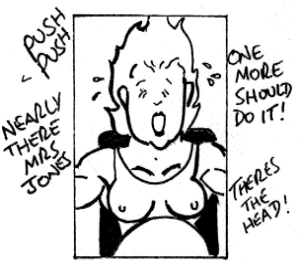
10. **Muscles/Tendons/Ligaments**
    Increased risk of injury to all of these areas. Long periods of recovery from injuries sustained during training.
    Increased risk of cramps.

11. **Ankles / Knees**
    Increased swelling of these areas due to the extra weight on them.

12. **Brain**
Violent behavioral changes, aggression, irritability, rage, paranoia. Increased tiredness, fatigue, insomnia, personality changes.

13. **Face**
Becomes bloated and puffy due to increased water retention. Women can suffer increased hair growth here.

14. **Tongue**
This can get sore!



15. **Voice**
In women, this can lead to a more deep er and hoarse tone.

16. **Heart**
Increased risk of heart disease, strokes and death. Increase in cholesterol and blood pressure.

Shut it you piss-taking bastards! It's only a roid gut!

17. **Stomach**
Bloating, nausea, vomiting plus that of blood.

18. **Kidneys**
Kidney stones, failure and disease.

19. **Bladder**
Pain in this area with a frequent urge to syphon the python.

20. **Genitals**
Shrunken nuts! Impotence, sterility. Frequent and painful erections. Women have changes in their menstrual cycle with increased clitoral size. Infertility.

21 **Injection sights**
If not cleaned properly, these areas can become infected and swollen with the risk of abcesses from non-sterile needles. Blood

poisoning. Where possible, try and use a medi-swab as shown below. They can be obtained free from your local drug clinic.

22. **Bones**
Can become brittle and break more easily. Loss of potential height due to premature closure of bone ends.

Let's face it people, we don't stand a fucking cat in hell's chance, now do we, looking at all these problems that we could have - well, potentially. Now then, ask yourself quite honestly, have you had ALL of these? If you have you are a liar or writing from the grave. What should be said is that these are the potential dangers that a person could suffer. OK, I know that the aim is to scare the living daylights out of us and in some cases it works, but I think that looking at it in a more realistic way is the answer.

The one that beats the shit outta me is the sore tongue side effect; this is totally new to me. The only time that I got a sore tongue was..... ah well, forget that one - life is to short, especially when I would have to sleep with one eye open at night especially when owning a collection of swords - ahem! The only other answer, is that this type of side effect could come from the bodybuilder that possibly needed to win that little bit more or the bodybuilder who wanted to be a judge! Licking arses seems to be the normal procedure nowadays, maybe that's where the side effect originated from? Who knows?

Remember this.....
Ever had the problem of hay fever? Ever wondered at what would happen if you took to much general relief remedies such as Piriton, Phenergan or even Triludan? Then let me enlighten you a little. Well to start with you should not drive as the possibility of losing concentration and becoming drowsy is quite likely. I will carry on then make my point.

Here are a few of the other side effects that you could get using a day to day hay fever remedy:

* **Fits / fainting and/or palpitations (pounding heart)**
* **Unexpected swelling**
* **Tight chest or wheezing**
* **Stomach upset & constipation**
* **Headaches or dizziness**
* **Disturbed sleep patterns or nightmares**
* **Hair loss**
* **Rashes or sunlight sensitivity**
* **Depression or confusion & drowsiness**
* **Jaundice or liver problems & retention of urine**
* **Menstrual problems**
* **Aches and pains/pins and needles**
* **Sweating/trembling**
* **Sight disturbances**
* **Light sensitivity**

Now then, this is quite possibly NOT the end of the problems or the side effects that this everyday pharmaceutical wonder could do for you. The company from which the example was taken from, say that you could also have further problems depending on the type of person that you are.

Hmnnn, now where have I heard that one before eh? Anyway, the point is will you match the side effects of this product that is designed to assist us in combatting a problem that many of us encounter many months out of the year, with those of the steroids that we bodybuilders use MOST days of the year! Now then, where do we draw the line and say enough bullshit has been passed around thankyou?

You want more?
No one said that it would be an easy ride, I for one know that most steroid users will suffer some kind of side effect at some time. The trick is to found out what works for you and what doesn't. For instance, if a certain steroid or derivative, gives you depression - get off it - period. There is no use whatsoever sticking to it and handling the situation. Remember, If it don't work - don't use it! Why be lower than a snake's arse when there is no need. But there you have it - the list. I ask you though, before we go onto the next chapter, have you ever looked at the amount of side effects that general over the counter products can give you?

What about the good old Asprin used for mildy painful conditions etc. Here are a few nice little bits for you to ponder on:

*** Heartburn**
*** Dyspepsia**
*** Gastric discomfort**
*** Vomiting**
*** Stomach ulceration / bleeding & erosion**
*** Nausea**
*** Can also interfere with drugs used to control Diabetes**
*** Liver disease**
*** In pregnacy, has been found to lower infants birth rate & more likely to die at birth.**

Basically, giving steroids a bit ot a break here, we can argue the point over a few other things too! I think this is a case of live and let live. Again I say, I rest my case.

Chapter 3

Using & Abusing

The only way to combat all steroid side effects, in effect, is to stop using them altogether - that makes sense I suppose. The problem is that most of us quite like using them simply because they are a short cut, a way of cutting out the boring possibility of maybe ten years of natural training, just to see if we would really grow without the gear. Sorry mates, no a furking prayer. I trained so natural at one time, I was near arrested for indecency, well sort of. I just could not wait around any longer, I needed to get it on and I am glad I did, as most are.

You see there was a difference, a reason why I wanted to use the gear and that was to enhance my training, build my physique and enjoy the benefits that it could bring - it did. Now the other option was that I could have come off at any time. Steriods are not addictive, so were was the worry. I knew that if I sought the right advice, I would be OK, I was sure of that. Sadly, it was not there and I had to find out for myself, in many different ways that you could not imagine. Oh shit, and er, having a lot of chemists and bio-chemists as friends helped a tad too - ahem!

Many people ask how come we know so much about dosages and the like. Easy really, after gaining the knowledge of what a basic, standard dosage should be for the product and what it should be used for, self experimentation is the only way forward after that. Most bodybuilders know what works for them and what doesn't, those that don't follow the lead - this is fact and the way of life.

We can look at the dosage for Sustanon for instance. It could really be taken once every two weeks in

reality, and for tissue rebuilding which it was designed for originally, that is the case. For bodybuilding, the same applies, but we need more in the line of tissue additions than replacing or rebuilding in many ways. When looking at the safe dosages that should be taken, it is easy to understand why many of the more sensible and let's say, professional bodybuilders and athletes do not get many problems, this is because they should be working within a SWL or 'safe working load'. Most cranes, their ropes and cables, will say that they can lift loads of up to, for instance, 5 tonnes, this will be it's SWL, yet it may be capable of three times that. There is no need whatsoever in going over that SWL. If you do, and it is just a little bit, there will be no problems. When it is exceeded, then what the hell do you expect - problems are gonna come me old cock sparras! If you stick to the dosages that experienced bodybuilders suggest you should have no real problems. If you do, then BEFORE the problem gets worse HEED the advice given again and use something totally different and reduce or eliminate the problem - period! Let's look at the list of side effects that you have just read and analyse them individually. I am not going to hide them, just look a little more closely into what they actually are.

HAIR LOSS

Okay, we know it has been known for some bodybuilders to experience a little hair loss here and there. But once the particular steroid has been isolated, it can be avoided. A steroid that gives one guy a problem, may not be likely to give another the same shit. Primo and Winstrol have been known to do this for a few people but after changing to another and even going back onto the same ones for another try, the problem receded - get it - receed, oh bollocks then. Women have been known to have some hair loss, I think! Sorry people, but I just don't know anyone personally who has though!? What more can I say. But if there is someone out there that has had a problem, sorry I missed you out - don't get angry with me - keep yer 'air on!

HEAD PROBLEMS

Well, can't argue with the odd headache now and then. This has been due to the blood pressure rising slightly. Easily remedied by easing off the training for a day or cutting back on the dosage slightly. Another way is to try lower androgenic gear. Headaches can be caused by the slight increase in blood pressure due to the body retaining more water. Ease back or ease off! The trouble with this problem or side effect is that many people get headaches and even if it wasn't the gear, it would be blamed. A simple asprin (or two) will thin the blood suffiently to lower the blood

pressure and help to remove the headache. Although asprin has it's own side effect problems, it is now known that the first treatment that can be administered BEFORE the doctor (hopefully) gets to you, is to take a couple of asprin. This acts as a de-coagulant and reduces the pressure almost immediately.

EYES

Yellow staining! I have only ever known two people ever to have problems. One was a world champion powerlifter. The dosages that he took would amaze scientists! He was an abuser with a capital A. I would say that he was at least 10 times over what he should have been on. If he had, he would have had no real problems. Do you know of many bodybuilders/athletes taking steroids that have YELLOW eyes? By the way, the other was a vampire!

BAD BREATH

Don't you think that this one is an easy one to combat? Brush yer bloody teeth for God's sake! After seeing this side effect on a list somewhere, I thought that they must be making some of this shit up to fill a page. I HAVE NEVER known a bodybuilder complain about this one. What they might have gotten mixed up is, for instance, when someone is getting closer to a contest, say a couple of days, he restricts his water level sometimes; mouth gets dry, dare not use tooth paste ..... get it? The person who thought this one up must have been to a show, talked to a couple of dry mouthed dragon breathed 'builders and thought "this one will confuse 'em!"

CHEST

No one can argue with this one. Steroids can cause Gynecomastia (bitch tits) and so therefore Nolvadex IS recommended as an aid to prevent this problem. NOLVADEX is THE main defence against "bitch tits". Always has been and in my eyes, always will be. For most, who have taken the anti-oestrogen defender on a regular basis from the beginning of their

courses, they have not experienced much in the way of the "bitch". Prevention is better than a cure any day. However, if you have a couple of problems sticking out of your chest and nipples like chapel coat hangers that would make Pamela Anderson jealous, taking Nolvadex will not do much good - the surgeons knife is the only way out here. So remember when the arsehole tells you that you do not need any Nolvadex (maybe 'cos he can't get any), think on, you could be more popular than you think - especially in a dress!

LIVER

I must say that almost anything can damage the liver, so why do steroids all of a sudden cause more damage than anything else. Booze alone can make it look like a shagged sponge and yet I can see no ban on alcohol of late - can you? No one with any sense would disagree that steroids, alcohol OR indeed anything else taken in excessively could not cause damage to the liver. Think about this one; if you were to take an overdose of paracetamol, say a dozen or two, then take the same amount in Testosterone for instance, in the first one you would die - period, in the second you may not get the horn for a few days and your balls would shrink temporarily. Different eh?

ABDOMEN

Personally I don't have any problems related to the abdomen, except for an near uncontrollable urge to stick it on a female, but the fear and threat of instant death cured me no end! Steroids can cause gas problems, indigestion, in some cases, but I speak mainly from a personal point of view here. It is important to note that again, people have different problems with different steroids and can deal with them accordingly.

I know that SUSTANON is a great builder for me personally, but if I stack it with certain types (personally), I tend to get bad indigestion. I thought that with a problem such as wind - I ought to buy a kite. Actually, it is a nice, big and green with ..... ahem - I digress!

As for the nausea, vomiting and diarrea, nope, not with me it didn't, oh yes it did, I remember. It took a heavily raisined hot vindaloo curry and plenty of lagers to sort that one out. The local council exiled me and my friends - bless 'em all.....

PROSTRATE

This can become infected even without steroids being used and is one of the main problems that men suffer from in later years. How many times have you gone into hospital and looked over to the the older guys lying

there with the dark orange bag on the side of the bed? Loadsatimes!! No you do not tap it and unwrap it - twat!
Infections can be caught in many ways and I suppose that steroids are bound to get picked out for that one. It is true, however, that steroids do make you piss pass water a lot, (I chose "pass" over "piss" - vulgarity, not here?), but is is also true that bodybuilders drink lot's of coffee and take cart loads of vitamin C! Now do you get it! It can be misconstrued. Both coffee and vitamin C will make you dribble better than Newcastle United's new footballer, Shear, Sheere, Sheeer, er, George Best!

SKIN

Now with steroids the skin can get a few problems. As for the yellowing, well that can be jaundice and can be caused by any blood disorder - steroids would be blamed again anyway. The main problem that we can come up against is acne. This is caused by the body trying to reject the steroid and causing a build up of bacteria against the skin.
The best way to combat such a problem is to scrub the body (especially area) about twice per day and use an anti-bacterial soap/scrub. This works well. Working from the inside out, try taking more vitamin C than you would ordinarily do - say 4 or 5 grams at least. This will help to wash the system out. Drink plenty of water with real lemon juice in. Lemon cuts thorugh grease (and it can be kind to your hands - or is that Fairy?). Stretch marks? Well, what do you expect - you have to grow. The trouble is that we grow at a faster rate than normal people (wimps) and it is to be expected. To combat, use plenty of body oils to allow the skin to stretch that bit better. It is due to the lack of elasticity of the skin that little tears appear - especially under the armpits. Jeeez, it was a sod when my willy started to grow bigger and bigger! I could not wash it fast enough in oil!

MUSCLES / TENDONS / LIGAMENTS

So let's say you don't take the gear for one moment. Does this mean that you are not going to get injured or have an attack of cramp? Of course not. How the bloody hell can anyone say that there would be long periods of recovery - that's what they do HELP RECOVERY! This really pisses me off (or passes if you read earlier). We are lifting weight for God's sake, we are bound to pull a muscle from time to time. So does every other CLEAN athlete on the British Team - NOT!

ANKLES / KNEES

Simple again! Now take a deep breath in please .....
Is it so, that if you don't use the gear and ARE still a fat bastard AND the

fact that you have legs like tree trunks and the extra weight flattens your feet out like plates when you walk - is it not down to the fact that you ARE a fat bastard - period, and it has got nothing to do with the steroids whatsoever but we will blame them anyway. Breathe out now..... End!

BRAIN

It is true that in many cases a rush of testosterone can indeed get the hairs standing up on the back of your neck. The same thing goes for the women during a menstrual cycle, estrogen in their case, but the principle is still the same. Have you guys got a woman who, when just before her period, wants to rip off your head for leaving the hairs in the sink after a shave? What about an even worse scenario where you say that you love her maybe six or seven times and she has suddenly GONE DEAF! Now that is scary. There is no reasoning with her - you are a dead man; destined to sleep the rest of the night with your nuts in your hand, scared shitless in case she wants to remove your own testosterone levels from your body! Brrrrrrrrr.

No one, even I, will deny that steroids can make you aggressive at times. BUT, it is this control factor that has to be understood. I have said it many times and will again that if you are psychologically brain fucked anyway and can even get mad at the Sunday morning milkman for not saying mornin' then you had better steer clear of steroids. Most of the people I know have had no real problems with the gear and the aggressive factors. Those who have had them realized and sorted the problem straightaway. The people that cannot handle the increase are those who simply do not train; i.e. the super raver. Most of the brain fucked tab heads don't know jack shit what they are taking anyway, so who gives a fuck. They think that you pop a few and BOOM instant muscle. We wish!!

FACE

To much high androgenic gear, to fast, no Nolvadex and yep, the face can get bloated no doubt. The trick here is take in knowledge and listen. Stop being a cocky arse and listen to people who know. No problems will occur.

TONGUE

This one made me giggle. Who has a sore tongue on the steroids? C'mon who? The only time I knew of a guy who had a sore tongue was when he was preparing a jab and put the needle in his mouth (till he pulled his keks down) but the wrong way. After the incident, he thalked

thike that and his tongue put on about 3lbs of pure muscle - ISH! Tongue sore? Tongue excuse? Tongue MY ARSE!! Eh? Pardon!

VOICE

Men not affected very much here. But the women can start to speak lower than a whales arse. No denying it. To much gear and the Captain Scarlett impressions come out. (Say it this way and you know what I mean, " This is the voice of the Misterons....". You know, the deep voiced bloke? Aw fuck off then!)

HEART

The statement said that there would be an increase in heart disease, strokes and death. An increase in cholesterol and blood pressure. Now that covers about everything that can happen to the heart. The steroid information listing that most of these symptoms and problems where taken from was an information sheet/booklet written by people who would be blown away with the simplest level of knowledge. Think about this; what other problems, products, foods, situations, stresses, minerals, aliens (?) can cause problems with the heart? List them all and then we will add steroids to the end of the list. There will be a test when we have finished - in a few years time!!

STOMACH

Except for indigestion, I personally have had no problems with bloating, nausea OR vomiting blood nor do I know of anyone else who has. It really is like looking at a car and saying what could happen but never does. I can say that anything can happen in extreme cases though. This is obvious.

KIDNEYS

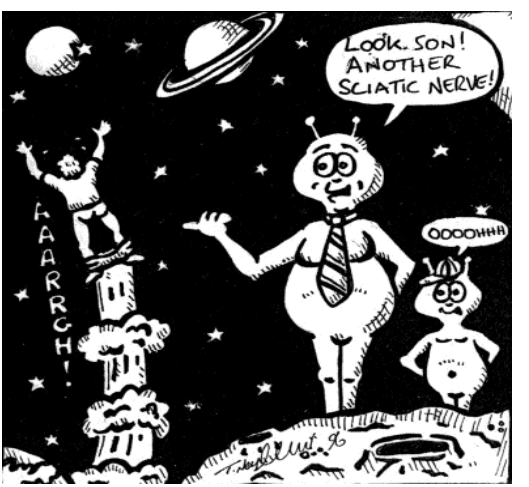
Kidney stones, failure and disease. Nope sorry. I do not know of anyone

who has had serious problems. I do know of many people who have had kidney strain through taking FAR to many heavy duty orals after they have been told to ease off and put in the safety factors such as vitamin C, zinc and primrose oil. Those who do not risk certain problems I agree.

BLADDER
Being able to fill a pint pot in one great push is possible but that does not mean to say there is a problem with the bladder. A serious test to see if the Prostrate is working OK, is to see how far you can arc your water. This can be done on the back yard or in the street. The end result in either case is that if the arc is about 2-3 feet, everything is OK. If tested in the street and the results are the same good, except for the £50 fine that follows.

GENITALS
The testicles can shrink - no doubt, but this is due to the fact that you are putting in to your body EXTRA testosterone than is needed - how else do you grow so fast. The fact that it shrinks them CAN be true, but this can be remedied by the injecting of HCG which will bring them back to normal; in most cases almost immediately.
Again, if to much gear is used, getting a hard will be harder. After trials you will find what works for you best and the steroids that can cause a problem in the wedding tackle department can be avoided. The problem here is that each steroid effects people in many different ways, especially in this department. It depends on how much bottle you have to start with I believe.

INJECTION SIGHTS
This is pure common sense and to get it wrong is down to you and you alone. Using needles via someone elses arse is asking for trouble. Not cleaning the injection sight properly is downright pathetic and the major cause of many an abcess.



BONES
Any youngster still in the major growing process

should avoid steroids period. This is because taking them whilst going through this natural growing stage can cause problems with the growth factor. There is no need for the kids to touch them at all at this time because there is an abundance of natural test flowing so fast and will induce growth very quickly. As for the bones becoming brittle, NOPE, I do not know of anyone PERSONALLY who has broken into bits - sorry. The mass use of Growth Hormone (and I mean MASS) is believed to rob the body of calcium which has been know to happen. This was combatted by the induction of extra calcium into the diet via extra food or supplementary means.

Please note:
When I say that I do not know of a problem personally, I do not mean from few guys down at the local drinking hole. My *personally* comes from a customer, friend, professional and amateur following/database of many, MANY THOUSANDS of bodybuilders! Wanna know something else, I know most of them *personally* too! Eat your heart out Mr. Memory Man!

Chapter 4

To Much - To Little

I was having a chat on the phone with one of my readers the other day and we were discussing the great NBC magazine in general and I asked him his opinion of it. He said that he enjoyed every issue personally, but a couple of his friends had said it was absolute crap! I asked him as to their reasons for not liking the mag. His reply was that they had said that the stacks featured in the mag occasionally were inadequate, to be more precise; "..... amounts for pussies" was their actual answer. Well, that's silly to start with, I don't advise any cats on steroids!
I then asked him to describe the physical appearance of the two very descriptive mother fucking arse wipes to me.
"Why?", was his reply.
"I need to know", said I.
He told me that they were big strong guys but carrying a lot of fat and holding quite a bit of water. Hmnnn, thought as much, mobile water carriers! Now here is my answer to their opinion.

I have the greatest respect for any other people's opinion, (ish) but I also have the right to react accordingly to those points given against mine. The stacks featured in the NO BULL COLLECTION magazines are deliberately set at a sensible rate because I have told this so many times in the past but this time, I will put it a little louder:

ONCE YOU PUT IT IN - YOU CANNOT GET IT OUT!!

Clear enough!

These people (and their like) call themselves bodybuilders and yet find it extremely difficult to distinguish between being FAT and being FIT. Oh, no doubt they train, but that training will be the chest and arms variety, say four or five times per week. Leg workouts would not be needed for these type of people because very rarely do they take their trousers or track suit bottoms off in the changing rooms to show off their massively feathered quads; because most of them won't have them!!

Plus they are usually the type who appear in the gym with all the designer training tackle on and don't even live up to the standard in the first place!

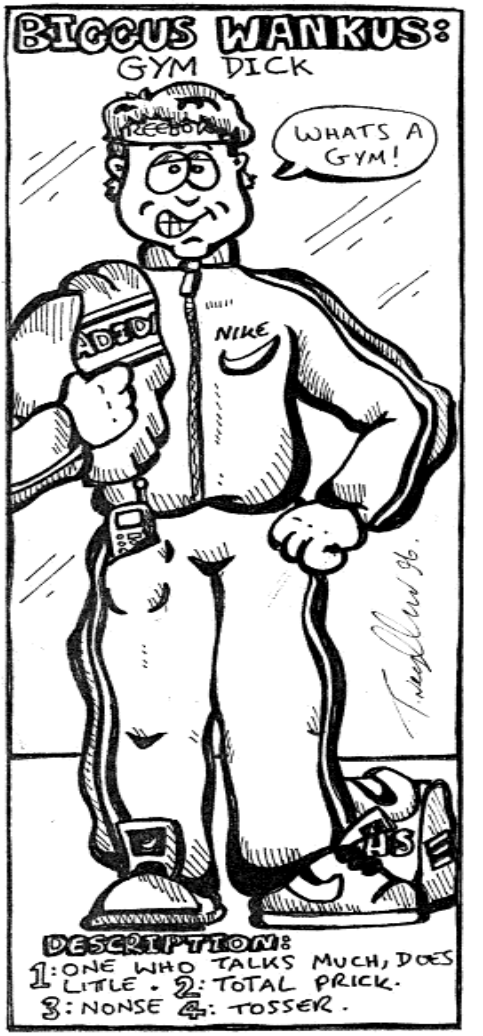
Now then in the sexual department. Why is it that most of their women complain that they are sexually inadequate? Simple really, they do struggle quite a lot to get it on because.....

THEY TAKE TO MUCH GEAR!

More explanations. These people think that bodybuilding should be about eating more than anyone else, lifting more weight than they can manage properly, making more noise than need be and basically intimidating everybody else in the gym all because.....

THEY TAKE TO MUCH GEAR!

There's more. It is not a case of the more that you take the bigger you will get. Taking steroids helps you to get bigger and stronger, this is without doubt, but 90% of the success is down to the training, diet and rest, this is what it has always been. It is also a case of getting all of this to come together at one time to achieve the results that you are wanting. The point is that if you are the type that will disregard the important factors of diet/nutrition and rest in favor of the ever increasing amounts of steroids that YOU THINK will make you bigger and better than before, then you are on a hiding to absolute nothing.



Bodybuilding is getting a kick in the balls all to often of late for my liking and these type of people do not get classed in the category of "body-builder" in my opinion. Most of them do not read a magazine for long anyway and to say that the stacks are "not enough" is a pathetic attempt at an opinion - period! The main reason for all this is simplicity itself:

THEY TAKE TO MUCH GEAR!

Starting out at a steadier pace is the most important first step into taking the gear. You must first listen to those around you who have your best interests at heart. If they are not sure, they will seek out and find the answers for you. Safety can be kept to a maximum throughout your use of the gear, this is all important at all times. The danger arises when you have a couple of dick brains who are the life and soul of the gym (not) who advocate " as much as possible in the shortest time" steroid training. You must, AT ALL COSTS, try to avoid these type of people. They are your greatest danger and certainly NOT an asset.

It is best to look at a system / cycle layout over say one year. Doing it this way will allow different stacks, varied steroids and ever increasing safety checks throughout the courses. You will also find out what does suit and what doesn't. Are the higher androgenic gears better for you? Are injections acceptable or do orals give you problems - vice versa? Do you blow up with water? How to combat it and avoid it in the future. What lay off periods are best for you, long or short? Do long periods on the gear work best for you or will the shorter ones not close the receptor sites down as quick? If so, how to avoid it and continue on. There are so many reasons as to why you should be continually monitoring your safety and progress throughout the stacks that you choose. All of these things should be taken into consideration before, during and after the cycles.

Trying to look like the local heavy is not the way to go. Surely you have your own idea as to what size you want to be? This should be aimed at in a series of goal-settings, say three and six monthly periods onto the final one year. Getting to these time periods safely is all important and then you can see what gains you have made, allow for distractions and periods off and get some idea as to how you have grown in the time periods allotted. You can also look at the different products that you have used in conjunction with the natural supplements that you may or will have taken and get a very good idea what works, when and how. Now then, does this seem a better, safer way of handling things?

The local heavy man method is not the way to go. You are your own creation and succeed or fail, you must stick by that theory at all times. Everyone is different in oh so many ways (a cue for a song there I think) and this is the method and reasoning by which you can succeed without a doubt. All to often I have had calls and letters from guys and girls that have been training and using the gear the "Way of the Fat Guy" for so long and say, "..... so how can I get rid of my tummy now that I have built the size that I wanted?" My answer is for them to look at themselves and tell me honestly just how much of their physique is fat and water and how much muscle will be left once the lard is off? Their initial reaction is mainly surprise, then anger followed by surprise again when I describe what they look like ON THE PHONE and having never seen them before. If they listen to what is said, the next job is to try and undo what they have taken all the time and training to achieve - zilch! When all the crap is off their body, and they can see the real muscle that is left behind, they are indeed smaller BUT fitter and looking like they could do something with their physiques. This happens all to often.

Those who choose the other way find themselves in a mess and in many cases unable to repair or retrain, result a very confused and FAT individual who has a grudge against bodybuilding - period! Who can blame them? I can, especially when many of them will read this.

Chapter 5

Steroid Clearance Times

This chapter is indeed a very good guideline as to the clearance times of certain steroids in use today. Please bear in mind though, that different people and different metabolisms can effect the time limits. However, the time limits that have been given are a good guide and if adhered to at the very limits, you should have no problems!

In many cases a great percentage of the steroids available are a real joke! Reason? Most of the shit around nowadays is coming up "Magnificent Mazola" or welcome to "Sunflower City". You people know what I mean. The fact that the law has changed now has given the counterfieters an open market and an "Hunting Season Open" ticket to fill us full of saturated fatty acids. I said it would happen. More on this later.

The testing methods in use today, involves the analysis of the testosterone epitesoterone (T/E) ratio, with the upper limit being set at a ratio of about 6:1 tesosterone to epitestosterone. Epitestosterone is a by product of the metabolism of testosterone, more specifically it is the 17-alpha-hydroxy-epimer of testosterone. The urine usually contains about equal amounts of test and epitest, with the ration being between one and two in both men and women. The limits set for this test have deliberately been set high so that the individual drug free steroid profiles easily fall under these levels.

It is a fact that most oil based steroids will need at least four to five months to clear, especially the higher androgenic gears. This will be at the very most though. Oil takes longer to disperse and traces will be left in the muscle tissue and blood stream.

Before reading this next section, please remember that it is as accurate as is possible. Many different athletes, weightlifters and bodybuilders have followed the guidelines to some great success. However, I would always err on the side of caution and if in doubt, give the time limits that little bit longer. The other main point that I would like to put especially to the bodybuilding fraternity is that by all means take in the information as

knowledge is the key factor as it should be. But remember, most body-building shows are not tested, simply because if they were NO ONE WOULD TURN UP! Am I right or wrong? The former? I agree!
Note that all time periods are approximate and I would allow a little more time either way for safeties sake.

USED UP TO THREE WEEKS BEFORE A DRUG TESTED EVENT
Two orals are featured here and they are:
Anavar (oxandrolone)
Winstrol (stanozolol)
Both of these orals are absorbed into the system quickly and out as fast.

TO BE STOPPED FIVE WEEKS BEFORE AN EVENT
Three more orals featured include:
Dianabol (methandrostenolone)
Primobolan (methelone)
Nilevar (norethandrolone)

TO BE STOPPED TWO MONTHS BEFORE AN EVENT
Five injectables which include:
Winstrol-V (stanozolol)
Stromba (stanozolol)
Primobolan Acetate
Masterid (dromastanolone propionate)
Testosterone cypionate, decanoate and enanthate.

TO BE STOPPED AT LEAST FOUR MONTHS BEFORE AN EVENT
Most oil based steroids should be stopped four, even five months before a contest/event. These include:
Parabolan/Finajet (trenbolone esters)
Injectable Dianabol (methandrostenelone
Equipoise (boldenone)
Primobolan (all methenolone esters except for the acetate form)

Finally, it is worth it to note that Deca Durabolin and Durabolin (both nandrolone esters and the cause of many 19-nortestosterone positives) should be avoided at all times especially when the event/contest is guaranteed to be tested. Both these products can be detected in the system for well over a year or more - results have proved. Obviously, the strength of the steroid would have diminshed considerably as time passed and the test would prove more difficult the longer it was left.

In the long run (excuse the pun - hee hee), the only real method of avoiding detection is to come off the products as early as possible. I hope that soon I will be able to publish an update in the NO BULL COLLECTION magazine, of some proven methods of masking certain products when faced with an up and coming test. At the time of writing this book, I am still awaiting the information from a colleague who I would only trust.

For now, I would suggest that after coming off the steroids you drink plenty of water with pure lemon juice in it. This will assist the system in flushing itself out. Five to six grammes of vitamin C taken per day will also do the job, in fact any kind of diuretic will help to keep the urine as clear as possible. Anything is better than nothing.

With regards to masking the tests that you could find yourself looking forward to, there are a few things that you can do to at least throw the hounds off. Drinking bicarbonated water will upset things just a bit in fact anything that will either turn the urine acidic or alkaline will confuse things enough to really piss the officials off! (I love my own humour so much - bless me).

A good trick to remember is that when you go into the testing area, have a little bit of washing up liquid on the end of whichever finger you balance the old man off, this will come up as "hmnnn, interesting" on the test sheet. For example, it will throw out the test enough to be invalid (hopefully) and give a giggle when they recommend that you be committed for an addiction to Fairy Liquid!

To be honest, the IOC testing procedures are quite crap and for all their supposed "victories" against the "nasty drug users" and if they could only see further than the ends of their noses they would realise that the best way is to "go with the flow" and look at things in reality. They think that they are winning the war against drugs in sport - they have not even seen the beginning yet. It is the HARD drugs that they ought to be concentrating on and not something that gives the general public what they want to see FAST, BIG, STRONG athletes and if Britain can remember, WINNERS! We have not done so badly since 1952! After that, someone had the great idea of doing what all the others do for a change - use their heads.

Wonder why we didn't bring home any medals back in '96? - they took their steroids away. Tut tut!

Most amusing logo seen on a pinball machine of late:

"WINNERS DON'T USE DRUGS!"

To right, I agree but mine is:

"WINNERS DON'T DO DRUGS BUT THEY DO USE STEROIDS - HONEST!"

Chapter 6

Injection Procedures & Safety

It is a fact that most of you will bypass this section - if you do then you are prick! The whole point is to plunge home the facts and make sure that you stick to the procedures religiously. Don't become abscessed with the idea that you have done it all so many times that you do not '*needle*' reminding!? Ah well, an attempt at humor - totally successful again!

Seriously folks, the problems that many people encounter when injecting steroids is during the preparation process. Cleaning the area is not just for cosmetic reasons, it is to prevent infection getting in through the armor that we call skin. Bacteria is so small that to give it a hole as big as a needle puncture is like throwing a sausage down the Channel Tunnel and that is as big an example as I could think of! Actually I thought of more perverted ones, but having a collection of swords and knives makes me think of working at home with a small light on. It means that I could resemble a pin cushion very quickly but on a much larger scale - ahem!

Scared of a women - pahh, (you bet your life I am). A woman with an attitude I can handle - a woman with a four foot Samurai sword, you tell her that she is a liar! If they are carrying such weaponry and they say it is Thursday - it's fucking Thursday! Back to the point - Jeez, I love my own humor!

The following points are laid out for your own safety and will highlight the importance of getting the injection procedures absolutely spot on. The problems that can arise through

over abuse of using steroids can be dealt with and avoided through sensible choice and care previous to the jab; the problems that can start if you get it wrong at this stage can be very painful and more damaging than the steroid is supposed to be. Jabbing oneself is not as hard as you would imagine. OK you may feel a little prick, but the same could be said if you fell off your bike!? If you take your time you will be OK. The variations on selection of steroids to use are quite vast. Using orals alone would still work fine, but like I have said, you are cutting down your options a lot by not using jabs.

1. NEVER share injecting equipment or multi dose bottles with the same pullout pin. If you do share, use completely seperate new pins and plungers.

2. Use a clean needle each and **EVERY** time you inject; in fact use two! If you scrape the point on the bottom of the vial and/or puncture the reseal-able seal (I enjoyed saying that) it will also blunt the pin. If you jab your-self with any of these pins from any method your arse cheeks will snap together so fast you will either break the fingers off your mates hand or break the standing jump record in one. Thinks? Why have you got your fingers in the crack of your **GOOD** friends arse? Er, next question please!

3. TRY NOT to draw up then inject with the same pin as they blunt easily on the glass ampoule. It's a good idea to draw up with a large needle like a green before swapping your pin to inject. Again you will know when you have blunted the needle; it will feel like you have been trying to put it in with a piece of drain piping!

4. When injecting oil based gear, **WARM IT UP** first as it becomes easier to inject when warm - dunk it in your tea for a few seconds or put it under

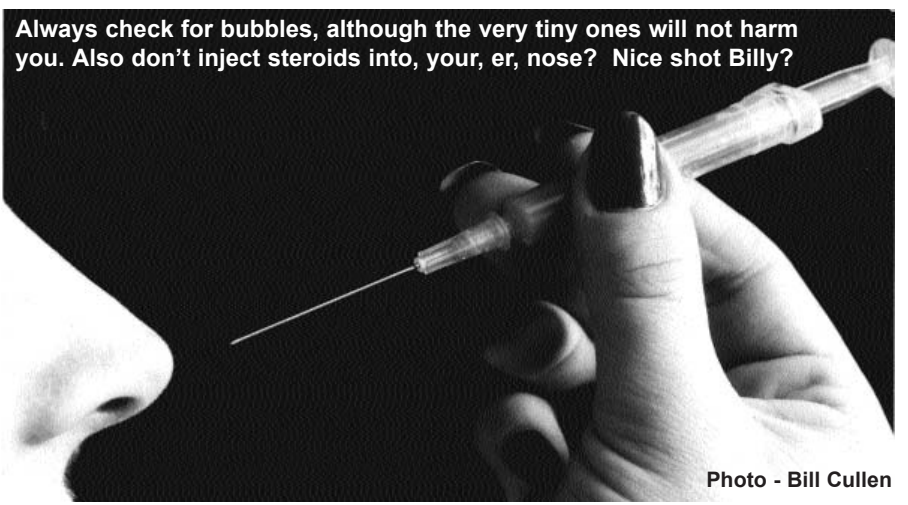
your armpit - the amp not your cup you fool! And **DON'T** do what Gary G. did in his mam's kitchen please. He put in the microwave, a Sustanon, a Propionate and a 2ml Deca combo - just to get them warmer quicker. It did. His mam knows that he is on the gear now. Strange man.....

5. There is **NO REAL NEED** to inject the pin right up to the hilt - about 3/4 of the needle will be enough. Many people do but pins can break. It's no fun digging around in your thigh with a pair of pliers.

6. ONLY inject into muscles which are well developed. Just because someone in the gym tells you he finds it best injecting into his delts or traps this might not suit you as he may be much larger than yourself.

7. MAKE SURE your injection site is properly clean (soap and hot water) alcohol swabs are not ideal as the only method of cleaning a site and repeated use will lead to the development of scar tissue.

8. SITE ROTATION will reduce the development of scar tissue and forming a sterile abscess. Other areas can be used such as the upper outer thigh and the shoulders as the third choice. If you choose to inject into the thigh remember that **YOU MUST NEVER** jab on the inside near the groin - you could die if you hit the main artery that runs up just inside of the inner right thigh. This is called the er, 'main drain' - technical yeah? Pop it and you literally have minutes left. The gear, and everything else, will not seem all that important - not at all!



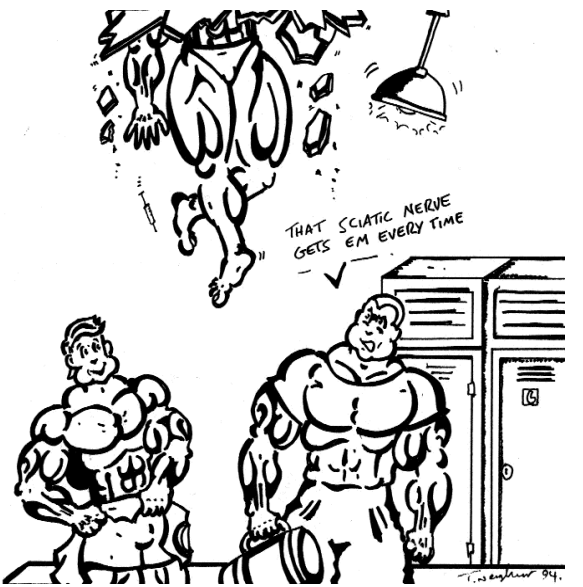
Always check for bubbles, although the very tiny ones will not harm you. Also don't inject steroids into, your, er, nose? Nice shot Billy?

Photo - Bill Cullen

9. DO NOT mix water and oil based in the same syringe - period!

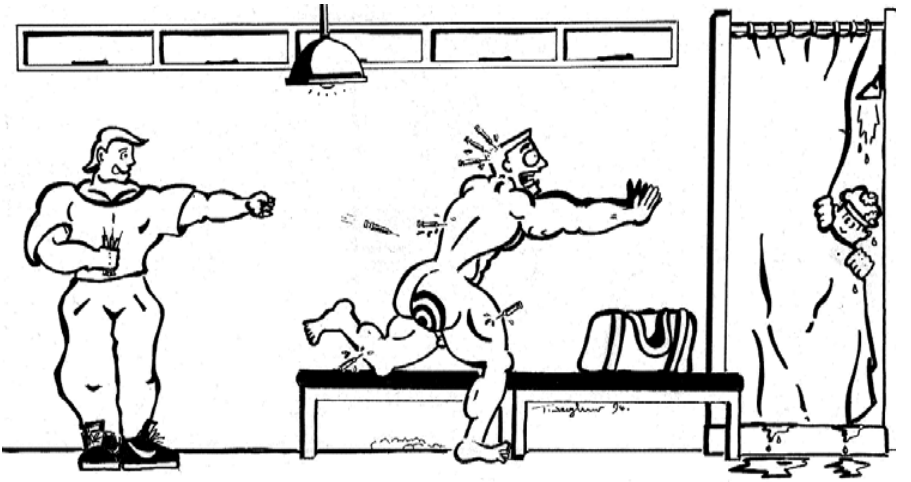
10. ALWAYS dispose of your injecting equipment safely by placing your equipment in a sharps container then return it to your needle exchange or at least some place where **YOU KNOW** the kids cannot get at them. If you bin yours at home, better to FORCE the plastic sleeve on a bit harder (be careful not to pierce the end onto your hand) and then snap the end off. The pin and plunger cannot be used at all then.

11. The **SCIATIC** nerve is the largest and thickest nerve of the human body that is the principal continuation of all the roots of the solar plexus. It emerges from the spinal cord in the lumbar portion of the spine and runs down through the buttocks and the back of the thigh; somewhat above the back of the knee it divides into the tibial and the common peroneal nerve, both of which serve the lower leg and foot. You will hit this if you inject to close to the lower spine and if you do you could cause temporary paralysis. Don't panic because it would return - not long after you hit the earth again!



12. NOT a standard written rule, but more sense really to use a "green topped" 21G 1-1/2 pin when injecting oil based steroids as the flow is that much easier and comfortable (reference #4). Imagine trying to force water from a five inch water pipe into one four inches smaller - the force would be greater and therefore (in the case of the needle) much more painful.

13. INJECT SLOWLY and carefully. This will help to avoid muscle tears and bruising. In some cases, depending on what product you are using, you may find that the plunger is hard to push in. This will most probably



be that the steroid is in a alcohol base which will literally roughen the smooth sides of the syringe making it hard if not impossible to inject. It is always a good idea to try the plunger first **BEFORE** you jab yourself. Pressing the plunger under pressure whilst in the muscle could cause severe bruising and much pain. Don't be a twat with needles and throw them at your mates. Be sensible and practice on a dart board attempting at least double one, treble 19 and the bull first. They are your mates after all. (Only joking, don't throw them at all - they are to dear!)

14. A STRAIGHT STAB into the jab area is the quickest and painless way. Hesitating could make a few more holes on your arse that need not be there. The one that you have PLUS the one that you are making will be sufficient I guarantee.

15. You must **NEVER** inject oil into a vein. It could be fatal - period!

16. ALWAYS try and use a medi-swab to clean the injection sight before an after you jab yourself. If you usually jab after training, get a shower first. The sweat can be very infective even to such a small hole. It is best that you use ALL precautionary options open to you.

17. I cannot take the credit for this one. A good tip is to store your pins in the freezer compartment before using. This **DOES** actually stop them stinging as we all know they can. Me old mate Nathan was *'right'* when he sent that one in many moons ago. Good tip mate - thanks again.

Abscesses
This type of infected swelling which is usually found as a ball size lump, of varying sizes and usually quite painful. They are caused by several methods. One of the main ones is not injecting deep enough into the muscle. This problem occurs when fluid gets just under the skin where it cannot disperse and subsequently becomes infected. Another can occur when the area has not been swabbed or cleaned properly. Not having an alcoholic swab is no excuse - soap and water are excellent substitutes and could prevent a nasty lump or swelling appearing that could lead to surgery in the end.

However, do not panic if there is a little bruising from time to time. This can happen quite often especially when the needle is not injected straight in for instance or it may have been wobbled that little bit tearing slightly at the tissue. A good salt bath (don't for get to add the water) will ease it a great deal and a little massage will also help the blood flow which will assist healing. Plus it can be handy if you like your nuts in salt?! I never go anywhere without mine although there are a few who would like to assist me on that particular problem. Heh heh heh.....

Chapter 7

Training On & Off Steroids

'Hitting the plateau' does take out a lot of trainers and can be difficult for most to accept, but it is important to get past this point in order to succeed. The three month trial period, is a hard and difficult one, but that is what makes a bodybuilder a true bodybuilder in the sense of the word. The question of gear comes into mind when that person has achieved as much size and condition as they deem humanly possible - they want more! They then wonder why they are not growing. There are many, many reasons for this of which we will go into later.

With this confusion and want, they start looking around the gym a little harder, wondering why every one else is getting much bigger when they are doing, more or less, just the same as themselves. In most cases, they will be on the gear. Why do they want to go on the gear? Easy, because they don't want to be doing something for 10 years, when it can be done in 2 years or even less. Now what would you do?

Every body wants to look like the pro's - why not, most do - but remember, the pro's did not do it by just training and taking vitamins - not a furrrrking prayer me old cock sparra's! They take gear - period! The pro's that I admire the most, are the ones that admit it; If they don't then looking good and being a twat must also be in their genes. Of course they take the gear, but what actually does gear do?

I know that I could go into the total chemical analysis and breakdown of what actually happens, but it really is of no use to any of us unless it means something, like sense! This is a laymans guide, and no disrespect to its contents, being a guide does not and should not depreciate the importance of getting it right - safely. But, to explain things simply will give the reader the choice whereas they can research even further if they so wish. I explained the steroid theory in a way in my first book, "THE LAYMANS GUIDE" that most people were comfortable with. I will do this again (slightly differently) for those who did not buy the first book and to those motherfucking dick brained arse wipes who photo-copied it - May your balls shrink at the right time.

Simplified Steroid Actions
The number of receptor sites for each individual vary tremendously. It is down to the amounts that we each have in our bodies, that determines our rates of growth. This we cannot change, however, we can make it easier for these receptor sites to accept and deny steroids as they come and go. If we look at each individual sight as a hand, a catcher, somewhat like a sea anenome if you like, waving about in the blood stream. Our individual number of “catchers” would be waiting there for the protein that we digest, waiting to catch it, assimilate it and send it along to the muscles etc.

Under normal circumstances like day to day living, eating etc, the “catchers” would grab enough protein, at a normal rate, and send it out to the appropriate areas needing it. When steroids are introduced into the system, each individual “”catcher” would be suped up - and then some! It would be quicker, more efficient and also be wearing a baseball catchers mitt - big style. It would miss hardly anything. If effect, very little protein would get past these little buggers.
The trouble is that in some cases, if we swamp the body with to many steroids, then you will become aware of the saying, “... my receptor sights have shut down”. This what can happen. They catch so much, so quickly that they can do more and so nothing, in effect happens; until the sterolds have been absorbed and left the body. Hence the need to have a break - have a quick crap! No chocolate here (get that joke and your good!).

Strength & Recovery
On the gear, the recovery rate is also far quicker, and that is one of the most important factors of growth. Strength, well with most steroids, there is a definite increase. The appetite goes through the roof to boot and there you have it a combination that spells growth and mass. If the food intake is even just good, you are going to grow to some level without a doubt. Now a lot of the results of taking gear can depend on the type of person taking it, for instance if a man who already has a low testosterone level and high receptor site level, starts taking gear, he just has to smell it to grow, well almost.

Any increase in test levels will boost his growth, strength and appetite. On the other side of the coin, the man with a very high test level can get good gains at first but not as good as the first man. He could also be the one that has a very low steroid receptor site level too. This can be awkward as he has to take much larger amounts in order to get some gains. This can also explain why some men get “bitch tits” worse than others; same goes

for acne, some get it bad, some don't. It is all down to your genes. We have to make the best of what we have and take control.

Think about it.....
After the initial 3 month period, I would advise a lot of thought before anyone goes into steroid therapy. It must not be look at as the one and only way. Try to achieve as much mass and size as possible BEFORE trying the gear, so that when you do possibly decide to use it, you would be getting on the ladder on a much higher rung than would be normal.

To be in good condition before you start your mass and size training is the best position to be in. Imagine being extremely fat and pumping the juice in, you would be putting weight on top of existing fat and water - now that cannot be good can it? This is the way steroids can be used in safety. The better condition you are in to start, the better you will be on the way through and at the end, if there is an end. This is fact

To train with or without gear is, and should be, purely a personal choice. What are your reasons? if it is because you want to be big, full of water, fat and more shit, then you ought not to be training. If it is because you are drastically underweight then go for it but steadily and surely. Experiment with lower androgenic stacks at first, then build up as you see the results coming. Slowly and surely you will hit the levels that you know will be the best for you.

Double check your advice!
As for competition training and the gear, well that is getting very complicated and I advise that you seek professional help either from us or someone that you know you can trust - this is vitally important. Some of the stupid tricks that people are being subjected to nowadays need avoiding at all costs. You just have to be able to spot them.
For instance, if someone at the gym or club that you train at advises you to take something that you are not sure of, please seek advise from another source also. Double checking does not hurt and is both beneficial and safe at the same time.

I know of several people who were ill advised on many different occasions, mainly due to the fact that the dealers that were "advising" new absolutely FUCK ALL about the products that they were seeling onto them. They were asking for, example, Primo, Winstrol and Deca for pre-contest use and were given counterfiets in there place. Who knows what

they had been on. If they had been given high androgenic gears before a competition, then they were (and did) fill up with water at a time when it should have been at it's lowest. In fact, the Winstrol that one guy was using was a total fake; duck spunk would have been more effective - ahem! Even without the counterfeits, one guy bought many products which in the wanker of a dealer wanted to get rid of - y'know, the flavour of the month syndrome, excess stock. That is a shit thing to do to someone who wants to look his best at the right time. Be very aware of that one please. All it takes is a phone call and we will help as best we can.

Training Methods

Really there is not a great deal of difference to the methods used actually in training when using the gear or not except for the fact, (as discussed previously) that the recovery rate is quite different. This means that you can increase your training and its intensity, quite dramatically. So what I intend to do is break it down into three different stages of training levels, and they are:

Beginner	0 - 6 months
Intermediate	6 -12 months
Advanced	12 months onwards

Each level will have a training system and a stack that will go with it. However, it must be said that even at the advanced stage with the increased training and steroid intake being higher, these people can easily drop down to the lower level intake and gain dramatically. These changes can depend on many different factors such as attitude, personal health, well being, home life, diet, work and many more. It does not mean that more is best - absolutely no way. In most cases, this can shut down your gains and saturate your steroid receptor sights; just like squeezing a sponge and letting it absorb as much as it can, it can only take so much. See what I mean? Remember, once it is in, you cannot get it out until it wears off.

Chapter 8

Training & Cycles For Beginners

The word “beginner” doesn't really mean that our person would be starting fromscratch in the exact sense. It means that they would be starting out on a basic mass and size programme with a steroid cycle to suit. I am assuming that he/she will have gone through the "trial period" of about 3 months and from that, we can start to put a system together that they can work on, hopefully with a large degree of success.
Even though the gear can be used with this system, I still recommend that it remain on a three day period only for now, as the extra day or so of rest will prove valuable in the long run. Recovery will be quicker as we know, but that is essential for growth. Patience will be greatly rewarded by not adding to the workout system, extra days - this is vitally important. Also as with all stacks, they can be altered slightly but only in amounts as the whole package is designed from proven experience and results.

Orals or Jabs?
Well I have opted for orals on the first cycle as getting used to the jabbing may take some time for some; for the brave, well they will find out that it is not as bad as everyone tries to make out. Personally, if you take your time, jabbing ones self is quite easy and to leave out the possibility of injections at a later stage, would be restricting you to a much lower choice.

Training
This will be done on Monday, Wed & Friday only, leaving Saturday & Sunday totally workout free. This does not mean that walking, cycling or swimming is out, but doing too much will definitely hinder progress. You have to grow and burning off too many calories will not help at all. It is like building a house, getting the roof on and someone pulling the bricks away from the bottom. Not Good.The most important point to note here is that the training system must be adhered to TOTALLY, not added to and not taken away. By doing what is stated - and only that - you the trainee will grow - this I promise. Even if you were not on the gear, your results would be VERY good. Do not be tempted to add on extra few bits here and there; the same applies for the gear.

• **MONDAY**	TOTAL BODY TRAINING	After training eat well and then rest. Naps are recommended if possible
• **TUESDAY**	DAY OFF	Any slight aerobic work can be done today, but keep it to a minimum until you know the rate of weight loss or gain
• **WEDNESDAY**	TOTAL BODY TRAINING	
• **THURSDAY**	DAY OFF	As with Monday, keep the aerobic work down to say, walking, steady jogging or a couple of miles on a bike
• **FRIDAY**	TOTAL BODY TRAINING	
• **SATURDAY**	DAY OFF	At the weekend I advise total rest if possible and enjoy the time off. This is important
• **SUNDAY**	DAY OFF	

Beginners Three Day Training System
This system is a shit hot one, never mind what the fuck the 'old boys' tell you in the gyms shower room. It will, I guarantee, give much size and strength that you will be surprised and yet elated. It does so by allowing you to train, rest and grow.

On the training days, I suggest that you try the system that follows. At first, try to stay with the sets and reps given, but if you are struggling to complete the work out, reduce each exercise by ONE set only. Try this and you will find that it will fit around your time and energy. As you progress, you will get stronger and be able to increase as you go through the system. A point here: the system is basically designed for general gym equipment. However, if you have one of the multi systems that are now readily available, then you should still be OK. However, if you cannot match the exercise routines with the equipment that you have available, then please contact me and I will advise accordingly for you.

THREE DAY ROUTINE

Warm up for a few minutes, then:

Press behind neck	3 x 10
Squats	3 x 12
Flat bench press	3 x 10
Lat pulldowns	3 x 12
Close grip bench press	3 x 10
Barbell curls	3 x 10
Bench dips (feet raised)	3 x 12

Abdominals:

Flat leg raises	2 x maximum
Crunches	2 x maximum
Bar twists	2 minutes approx.

Notes:
Keep the rest periods as low as possible so that the pump stays strong. However, should you feel that you need more recovery time - take it. The advantage of such a workout is mainly balance. Everything is and should be hit. Again, and I stress it strongly, when you should rest and take time off please do it. It will be of an advantage to you. Should you wish to train the abdominals at first as part of the warm up, no problem here. Many do prefer to do so rather than have to do them at the end.

Weighing & Measuring
Weight: This must be done once per week only! Pick a day begining or end of the week and do not weigh yourself again until the following week. Doing so, especially at different times of the day when food and fluids are in and out, will give non-accurate readings. This will start to put you off so don't furking well do it!

Another good point to think about - weighing scales! The cheaper the scales the more crap the reading, this I found to be so true. The best ones are the mechanical type that are endorsed by the Weight Watchers group. I bought a shit hot set from Argos at around £30-35. Don't forget to make sure that you put them on a firm base, not on a thick piled carpet. The difference could be something like 5 or 6 pounds of inaccurate readings. Oh and by the way, take your hands out of your pockets!!

Measuring
Do this once every couple of weeks, preferably once a month. Any more and you will be disheartened, have faith and try to be patient. Remember it takes time to grow and you may lose some body fat as well. Follow these rules and you will have cracked it. You will be quite surprised at the results that can be obtained in the first month. I have known many who have gained as much as an inch on arms, legs, chest etc, just in that short time.

Stacks/Cycles
The cycles that I will suggest are based on tried and tested methods. Any deviation from the system is up to you. What I would suggest strongly is that you keep a diary of everything that you do and take.This will be the basis of your success and will help you guide yourself through what works and what doesn't. I find that a diary is imperative.

Like I said earlier with reference to jabs or orals, many prefer the tabs at first which I can understand. For those on first time therapy, it can be a scary thing but when jabs are considered for the first time, shitting ones self can be a regular experience - or should I say being afraid? Hmnnnn, no, 'shitting ones self' sounds more funny!

I going to base the first stack on or about the same oral Dianabol stack as in the LAYMAN'S GUIDE 1993 as this was a very popular stack and I was asked many times to explain it in greater detail. I have done this with a few extra bits here and there and a few changes. A second popular 'first timer' cycle is featured too. I have based them on eight

BEGINNERS CYCLE EXAMPLE - ONE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX
WEEK 2	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX
WEEK 3	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX
WEEK 4	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX
WEEK 5	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX
WEEK 6	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX
WEEK 7	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX
WEEK 8	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX

BEGINNERS CYCLE - EXAMPLE TWO

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX
WEEK 2	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX
WEEK 3	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL
WEEK 4	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL
WEEK 5	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL
WEEK 6	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL
WEEK 7	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL
WEEK 8	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX

weeks as this is a good time limit for beginners and advanced trainers alike.

The two cycles that are featured are basically for beginners but many advanced bodybuilders would still be able to gain good size from such stacks. The reason for me labeling them ‘beginners stacks’ is purely because of the types of gears used; all excellent for the first timer AND advanced trainer.

Please note also that Nolvadex (tamoxifen) is used in both cases. I am not concerned about the fact that some people *may say* that it *could* reduce muscle growth by as much as 5% - bollocks. The fact that my nipples could end up pointing out like chapel coat hangers if I didn’t use it is the main thing that would worry me!

Chapter 9

Training & Cycles For Intermediates

After 6 months up to one year the procedures of the beginner still apply to the intermediate. At this stage, we are still learning much about what our bodies will take and what it does not like. The training should be well established by flow and this is where the split systems *could* and I stress the word could, work better. Total body training is still the best way of training for size, strength and guaranteed rest which collectively work perfect together, but splitting can save time and help to concentrate in one on one weaker body parts. This is where the advantage can be greater. In a nutshell, people recover at different rates and routines will suit some, others not. This is the whole point of experimentation in this sport.

I have known people train a bodypart three or more times per week and grow like nothing on this earth and yet on the other side of the coin, one guy who I knew (actually he was a HGV driver for some of the top rock bands) used to do no more than four sets of bench press to MAXIMUM, only ONCE per week - absolutely no more than that. Being on the road a lot meant that he could do no more. He benched MASSIVE weights for only four sets, once per week. His chest was absolutely massive, deep and hard. One rule for one lot etc eh - ah well.

Splitting Routines
As a part of progression and also for the individual to be able to feel that they are moving on, we look to advancing the training system on a little further. As explained many times, splitting may be considered an advancement from total body training which it is, but it all depends on how that person has utilised the first stages of their training.

By splitting we can hit a single muscle group with a bit more intensity and hopefully allow it to recover just as good as in the total training syndrome. This must be done no matter what happens; no recovery, no growth.
As an example, in the total systm (previous chapter) we work chest only once, in some cases twice. In the split, we could work it over three even four exercises for the group with varying reps etc. As you will see in the

example routine given, the time between working the chest from one time to the next is the most important factor. This must be taken note of as it is a vitally important factor for success.
There is not a great deal more that can be said about the system than what can be explained by studying it and getting on with the training. However, you must remember that as with all training routines, you MUST give them ample time to work. Don't be getting on the phone and ringing me up moaning about the fact that the routine "just ain't working" when (as in one case) you could be down at the poub every night, in the pizza hut all to often and crapping kebabs like there was no tommorow. It just is not going to work. AND the fact that I will tell you to fuck off is another deciding factor - period! Go train hard.

Stacks/Cycles
As for the gear intake, well maybe it is time to start and stack a few cycles together and experiment a little more. The choices that we make depends on whether we want more size and bulk or some size with more condition. This is your choice BUT as a matter of choice, I will give a couple of examples for you to view.

I have used both high and low androgenic gears to give a well balanced stack. Like I have said before many times, the variations for different people can be totally brain fucking, but we will stay with a couple.
Personally, I prefer increasing dosages on the lower androgens with the addition of limited androgenic gears as per my choice. This gives me the best of both worlds and I have NEVER EVER had ANY problems with water OR spots in my entire training career. Jeeez, that pisses some people off and I like it. Shoving to much in and not being able to get it out until it wants to come out is one of the main problems that people have all the time (as the bishop said to the train driver.....). Gradually and steady, a little bit at a time until you know what does and does not work for you.

Examples
The two cycles that follow can assist mass and also condition. Again it depends on how the individual approaches their training. If they eat for mass, basically as an example a burger would be a cow with it's horns cut off and it's arse wiped, then the stack will assist growth and mass. If they eat well but be especially careful of heavy fats, with a view to gaining size slower with more condition in mind, then the stacks will also do that. It depends entirely on the individual. The amounts given AS EXAMPLES, are by no means considered a lot. They are quite safe indeed.

INTERMEDIATE CYCLE EXAMPLE - ONE

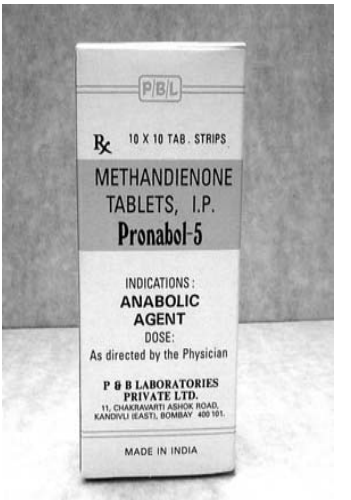
EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex
WEEK 2	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex
WEEK 3	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	Propionate 250mg 8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex
WEEK 4	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	Propionate 250mg 10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex
WEEK 5	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	Propionate 250mg 10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex
WEEK 6	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	Propionate 250mg 8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex
WEEK 7	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex
WEEK 8	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex

INTERMEDIATE CYCLE EXAMPLE - TWO

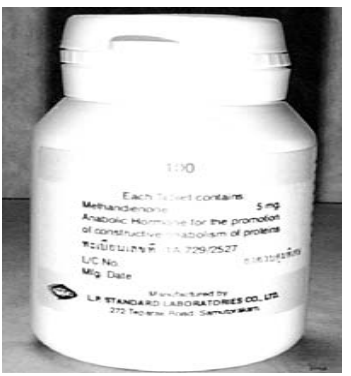
EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex
WEEK 2	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 3	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 4	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	Deca 200mg 10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex
WEEK 5	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex
WEEK 6	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 7	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 8	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex

Cycle Pointers

In example one, we have used Sustanon and Deca as the main base. These are good choices, picked for their mass building qualities, safety and low water retaining properties. The same goes for the Anavar which will also give a tremendous amount of strength too. This is a great product, if you can find the right one. However, as an alternative, Winstrol or Stromba would be a good choice too. Excellent for condition AND size. The Propionate, well this is brought in a little later as a booster and a great hardener of the condition of the body. Nice one Mick.



Genuine and rare - Pronabol 5



Probably the most popular Dianabol/methandienone on the market to date.

Example cycle two brings in good old Testoviron Enanthate 250mg - a great builder of bodies and before you write in NO it will not make you kill the next person next to you. It is a very safe product, only made worse when buckets of it are thrown in. I have again combined it with deca which is the best thing to do. Quality, mass and strength will be derived from the two. By the way, the reason for the main jabs being at the beginning of the week is because all long acting oil based products work better this way; plus your arse will not look like a veggie culendar!

As for the Dianabol, well what can be said about this one - just a great builder. Pronabol 5 could most definitely be used in it's place; again this is down to personal choice and unfortunately, availability.

Chapter 10

Training & Cycles For Advanced

At this stage you will have, or should have, done all your home work. Don't be fooled in to thinking (and know you are) that you can jump straight to this part - It does not work that way and you would be foolish to do it. The basics are the best way to set the template for the next few stages to this one. Work done hard and basic at first will make this one all the more enjoyable. But what would happen if you jumped straight to advanced?

Well many of you will think that why should I wait around, just go for it. What could and does happen is that you would usually burn out to quickly - you would overtrain. To get to advanced by doing your apprenticeship is the best way. Injuries are the main cause for packing it all in and they can get so intense that the increased gear will be of little or no help. It is also important to note that because you can call yourself advanced, it doesn't mean that you have to take more and more gear. In many cases, we have found that little amounts every so often work best and that bucket loads need not be taken. Again, this alters so much with the individual.

Some also find that a couple of cycles per year is enough - even at the advanced stage, you have to monitor yourself all the way. Like I said, look back and use a diary. You will then see what has and has not done the job. Check out the diet you were on, when the best gains were made. How was your home life? Were you falling out? Happy or sad? All these things will affect you greatly I can guarantee that PERSONALLY!

The following training routine and stack was designed for someone who was approaching a contest. The workout that he was on changed in the last 6 weeks leading up to the competition, of course which all combined to give him an outright victory, not once but three times in the same year. I must point out that the workout was a tough one that asked of great dedication and drive for the last four to six weeks. It not only continued to build quality muscle but also fine tuned literally EVERY single body part that the man had. Not everyone could have done it, but the training called

for a workout both morning AND evening in order that bodypart could be trained twice per week at the maximum intensity possible. It was hard. I must point out again that such a system would most certainly put you in an overtraining category, but if you could sustain it, it would work perfect should you want to get in shape before a holiday for example or maybe another special occasion. The food intake MUST be increased to compensate for the extra energy required. This WOULD alter greatley in preperation for a bodybuilding contest - please remember that.

IMPORTANT! - You must be sure that you are in good shape BEFORE embarking on such an arduous training regime and contact your doctor for a full check up if you are not sure. Please take note of the points after reading the training system.

PRE-COMPETITION WORKOUT
ADVANCED CONDITION PHASE

TWO WORKOUTS PER DAY
SIX DAYS PER WEEK

DAY ONE: am Workout - Calves, Abs, & Delts

Calves:

Standing Calf machine raises	3 x 12-15
Leg press or seated calf press	3 x 12-15

Abs: (please do the next two exercises super set fashion)

Hanging knee raises	2 x max reps
Bench crunches	2 x max reps
Standing bar twists	3-5 minutes

(use unloaded bar or brush stave)

Delts:

Light d/bell lateral raises	3-15 light pump sets
Seated d/bell press	4 x 8-10
Single arm lateral raises	4 x 8-10
Seated press behind neck	3 x 10-12

DAY ONE: pm Workout - Quads, calves, abs

Legs

Thigh extension	5 x 12-15
Squats	5 x 15,12,12,10,15
Leg press or hack squat	5 x 15,12,12,10,15

hit this body part hard, then rest for a short while then:
Lunges for 3-4 sets in good style. This will pump and shape the thighs.
Pose the thighs for a while after this workout; it will help to bring out the striations - good style!

DAY TWO: am Workout - Calves, Abs & Biceps

Abs and calves are as Day One. Possible use as the warm up?
Biceps

Concentration curls (d/b)	4 x 8-10 off knee - sitting or standing
Preacher curls	5 x 10-12 machine or bar
Seated alternate d/b curls	4 x 8-10
Single arm preacher curls	4 x 10-12

Finish off this workout with 3 sets of 'behind back' wrist curls to pump off the forearm extensors

DAY TWO: pm Workout - Chest & Leg Biceps/Hamstrings

Chest

Flat d/bell flyes - light & fast	4 x 12-15 pump
Slight incline d/bell press	5 x 10-12
Flat bench press	5 x 8-10 as heavy as possible, but go for best style you can.
Incline d/bell flyes	5 x 8-10 full stretch as possible

Leg Biceps

Stiff legged dead lifts	4 x 8-10 as heavy as possible off a box
Leg curls	5 x 10-12 keeping hips down as best can

Note: After leg bicep work, fully stretch the muscles to prevent injury and cramp.

DAY THREE: am Workout - Calves, Abs & Triceps

Triceps

D/bell French press	4 x 12-15
Tricep pushdowns	5 x 10-12 hard as possible
Prone (flat) triceps press	5 x 8-10 good style; to forehead
D/bell kickbacks	4 x 8-10

ADVANCED CYCLE EXAMPLE - ONE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex
WEEK 2	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 3	8 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 8 Dianabol 1 Nolvadex
WEEK 4	10 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	Testoviron 250mg Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex
WEEK 5	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex
WEEK 6	Sustanon 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 7	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 8	3 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 3 Dianabol 1 Nolvadex

ADVANCED CYCLE EXAMPLE - TWO

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex
WEEK 2	2 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex
WEEK 3	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex
WEEK 4	1 Nolvadex	50mg Winstrol 1 Nolvadex	1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Nolvadex	1 Nolvadex	50mg Winstrol 1 Nolvadex	1 Nolvadex
WEEK 5	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex
WEEK 6	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex
WEEK 7	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex
WEEK 8	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex

DAY THREE: pm Workout - Back & Rear Delts

Back

Lat pulldowns to front	5 x 10-12 aim to hit upper chest
Single arm rows d/b	4 x 8-10 heavy as possible here
Lat pulldowns to back	4 x 10-12 full stretch
Base row pulley	5 x 8-10

Rear Delts

Bent over flyes	4 x 8-10
Reverse upright rows	4 x 8-10

NOTES

The training, as you can see, is very hard but also extremely effective. Each training routine should be hit hard and fast; in the gym, job done and then out. It will test your strength and will power to the limit, especially first thing in a morning, but who said this sport was easy! BUT remember, the training system shown was and is designed for approximately 4-6 weeks BEFORE a contest. It can be used to get in shape as I have said before BUT again, it is furking hard.

As your food intake gets better and of a higher quality, you will see the difference taking place before you. It will not happen over night, but it will happen all the same. Other people will notice it well before you, but stay covered as long as you can so that it does hit them, but not everyday. I love this type of training; the muscle gets harder and the fat starts ripping off - sheer perfection that induces a reaction from the fat bastards who would call you and the disbelievers who may never ever see their dicks again because of the fat bellies that they own. I always advise them to polish their shoe toe caps as that may be the only way that they ever will get the chance. *I just lurrrrrve it!* But they have the same chance as anyone. Fuck ‘em!

Pre-workout remember that you will need to load up on the carbs in order that you have the energy for such workouts. A good pre-workout carb drink would work perfect here for drinking DURING your workout too. Maybe one like THE ONES WE SELL AT MICK HART TRAINING SYSTEMS would be suitable. Shit, sorry, name dropping again. I assure you that it was TOTALLY intentional - ahem! You would soon notice a lack of power, a major drain if you like, should these workouts not be fueled enough, especially if you do not get enough sleep at night - like your truly.

As for supplements, well I could (and do) recommend many different ones to many different people. But in such a case, and for such a level of training, you would do well to make sure that quality supplements are used for the purpose of achieveing HIGH quality results. You would not put parafin in a Porche now would you? The point being that if you are trying to get the best out of your training for whatever purpose, NOT taking supplements COULD be a major downfall that you would regret. Remember, bodybuilding is a sport that takes the shit out of you most of the time, so putting extra vitamins can only be a good thing. Most of us do not eat enough, NOR correctly much of the time, so supplements are a back up that only the foolish would pass off.

Summary

The advanced stage in bodybuilding is really only a step up in progression. What I mean is that the advancement comes along when YOU feel that you need to and only then. The beginner can and does quite often make as much progress as the *so called* advancees when they stick to their guns and rest when advised to. But please make sure that you note the titles, beginner, intermediate and advanced stages are there to guide you through what you should be basically aiming for. They are not to be considered as time slots that should you not reach them, you would not gain. This is not so.

Chapter 11

Steroids For The Older Man

Some of the most popular questions asked of me are, without doubt, based around the following, *"Mick, I am getting on a bit, I am (e.g.) 50 years old, is it to late to take the gear? If I do, will it harm me in any way? Is it worth it? Will I make any gains? Will I still be able to have kids? "* ..... and so on. Now I am going to put your poor old minds at rest. Honest! Those questions are asked not, as above, only by people about 50. They come from as young as 30 thro' to 70 and above. This is fact. Most who are about to staff basic bodybuilding literally give up before they start. That is the wrong attitude to take in the first place. When it come to questions about the gear, for the older person, they seem to think that the older you are the worse it can be - this is not so.

Look at it this way. When a woman goes to her doctor especially in her mid-years, and says that she is feeling down in the mouth, she is tired, no life, always irritable, getting on at the old man, you know the score. This is certainly due to the fact that she could be going through the "change". Her body is adjusting to the fact that she should be slowing down about this time. Her periods stop and basically, she is getting older. No more child birth and all that; time for a good rest. What does the doctor do in most cases, especially if *her* case is a particularly nasty one? The good old doctor will in MOST cases, put her on HRT or Hormone Replacement Therapy in order to boost her up. It is all basically down to a lack of estrogen, the female hormone. Estrogen is marvelous stuff for a woman, in fact it can be called a "wonder drug" without doubt.

During puberty, it enhances the unfolding of a girl's womanhood. During womanhood, estrogens are involved in everything from the suppleness of the skin, cardiovascular health to the preparation of there body for sexual awareness. That's why it is sorely missed especially after menopause. The symptons are tiredness, lack of drive, pain during sex, stress, insomnia, hot flushes, need I go on. There is a good reason for explaining all this.Even, at an older age (and also especially after an hysterectomy) the HRT (hormone replacement therapy) is administered, most women can feel as if they have had a new lease of life. They feel revived full of it (and

want to be), ready to take on the world. They can cope much better, less stress - they even feel young again. Now tell me, is that really bad. Now for the punch to the story.

John
This is a genuine tale with a genuine guy. I had call a few years ago from a reader who has been with us ever since the magazine, The NO BULL COLLECTION, began. I know him quite well, he is a great guy and a loyal supporter - we will call him John. Now John asked me the same question that I have been asked times over, *"Will the gear help me, I am 50 years old"*. The other point about John, is that he has recently married someone quite a few years younger than him. He was worried about his sexual capabilities, if you know what I mean. John did not only not bother about jumping off the wardrobe, he could not get up the fucking thing, that's how bad he was - honest!

He contacted me quite some time ago and asked whether or not the gear would do him some good. I explained that I would describe his problem to him EVEN THOUGH it was his first contact with me. I asked the following of John and bet him (even though, again, I did not know him at the time, that I would ask the queslions and know the answers he would give.
"John, are you having problems in the "bell" area?" He said YESl
"John, do you feel 'two chips short of a sandwich' half the time - basically knackered" He said YES!
"Are you short tempered"? Yes, he replied.
"Do you want to sleep at any opportunity?" YEP!
"John, do you give a fuck half the time"? NOPE!
I knew what the problem was and to be honest, it was easy to remedy.
I asked him if he had been to the doctor and asked him his advice. He said that he had and the doctor had prescribed some form of anti-depressant to calm him down, make him chill out a little. That doctor was a twat! My personal opinion to John, was throw that shit down the loo, get off his arse and get back into the real world. I explained what had happened to him.

Will the gear harm me?
I must say, before I begin, that if a man has a genuinely low testosterone level, the following advice can apply. Anyone with an already high level can produce the opposite if they shut down their own testosterone production by inputting too much. Like the women, we men, even after the age of 30, can, in some cases, start to lose our testosterone levels that easily.

The amazing Viagra! - could be classed as a good 'pump' assistor - Phew!

They begin to diminish, slow down if you like. As we get older, they get less and less; so does our drive and determination. We basically start coming down a few gears. Now comes the best bit. The question usually is, *"Will the gear harm me as I get older?"* The answer is, how can it? Let's look at testosterone for a minute. This stuff is the driving force for men. The male hormone, 5 star fuel, the bit that makes us a man, gives us the driving force that we need; gives us the horn - you know. Testosterone is the "bees knees" and without it, well we would all be talking in a high voice, wearing knickers and tucking our nob's under our arse's. You know what I mean. Test is best - It's the Bollocks! (God this is good stuff - you saw it here first).
Now then, in John's case, at the age of 50, his testosterone levels were getting lower than whale shit, than a snakes arse if you like, the only way he was going to get it "up" was to stand on his head! Not now though. I suggested that he ought to go back to the doctor and get his advice, armed with the knowledge be now had. The doctor disagreed and advised him to slow down, take some time off and chill out. Grow old with dignity. John told him to go fuck himself! I like John.

His doctor was willing for him to become addicted to the sort of shit that they ought to be struck off for - Valium. You know the type; the ones that give the dietary advice yet are fat bastards themselves. Valium is OK in most cases, say many doctors and therapists for physco's, but not for many. Sorry I cannot agree with that whatsoever. My own mom was hooked on the stuff for years - it can be bad. For fuck's sake, I used to

watch her WATCHING the clock and waiting for the fucking chemist to open the next day when she had run out of the stuff. I hated the doctor's for what they had put her AND US through all those years at home.

John went away and found a good source of gear. He started on a cycle of steroids (see stack) and of course began training with a vengeance. The results that followed were not only in the physique area. His life picked up and then some. He has produced a body that anyone could be proud of. His sex life had gone from south to north, His ladies "bell" IS being rung on a regular basis - and then some. He is a happy man. He believes he can fly - thanks R. Kelly! The wardrobe today - the ceiling tomorrow!

Rejuvination

You see, steroid therapy in the older man can and does work for most, If we look at some silly figures for example. Let's say that John's test levels at the age of 2O were, for example, 100. He then reaches age 30, they could have dropped down to eighty. Come the age of 40, maybe they were sixty. Age 50, then could have dropped down faster than a pro's knickers, who knows, He then starts on a course of say, TESTOVIRON and ANDRIOL e.g. How can it harm him when they alone may have only built them up to around sixty again. But he will he feeling like he is 40 again and that is not bad. As he took more, he found his own level and knew that he was on enough gear to keep him going and happy. His youthful strength came back, his sex drive, his life. How can that he bad? He would have to take a shit load of gear to overdose, even then he would be miles away from that. Sense prevails.

Even if a man's testosterone levels are low bear in mind, has never trained and took a shot of gear every week or two, he would feel on top of the world. ANDRIOL for instance is the best that you can get for this. Being an oral, it is easy to take and has no ill side effects - period! No matter what the doctors, press or government say, where are the dead bodybuilders? I don't see them lining the streets as they said they would fifty years ago when they did not know what side effects would appear. Sorry guys, you have fucked up again.

We have to be careful when advising, is when it comes down to the young guys and girls. At ages under 18 ish, their own hormonal levels should be bursting at the seams. It is right that we should deter them from using the gear. Their results would be far better being natural at these ages. After the age of eighteen, we can only advise that if their gains are still coming

STEROID CYCLE FOR OLDER MAN - EXAMPLE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg 3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol
WEEK 2	Testoviron 250mg 4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol
WEEK 3	Testoviron 250mg **2iu's G.H** 6 Andriol	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**
WEEK 4	Testoviron 250mg 6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol
WEEK 5	Testoviron 250mg 6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol
WEEK 6	Testoviron 250mg **2iu's G.H** 6 Andriol	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**
WEEK 7	Testoviron 250mg 4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol
WEEK 8	Testoviron 250mg 3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol

strong, leave off the gear. When they truly stop, well we cannot stop them, but the good advise is the best thing that they can get. Remember that especially if you have a young lad that has obvious potential, maybe in the gym that you are training in. Fuck the trophy cabinet, advise him for safeties sake and not glory. There are hairy arsed fuckbrains out their who don't give a rat's arse. There best advice to kids is to get on the gear, sod the test, That is sad, but it happens.

Unfortunately, impatience sets in, as does it for all or us, but with the young un's, we have to guide a little better. Their growth rate at 14 -18 can be tremendous because of their natural hormonal levels. Advising them to go on the gear at such a time could well slow down or stop their gains quite dramatically. Be careful please and leave them alone - period!

The suggested stack featured in this chapter is specifically designed for an older man and would give excellent condition, some good size and strength on literally any training routine. Personally, I would opt for sets of around 3-4, exercises the same per body part, each bodypart trained once per week - 3-4 days per week; that is, if you want good condition and fitness to boot.

Important Note:
I have included Growth Hormone for the first time here in this book but I will try and go a little further later on in the book. BUT I will not and would not advise the use of insulin; reasons given later. But to summarise, the stack given will give not only good size but excellent condition as well. It is by no means a big stack, in fact you could add to it and gain extra size and strength by adding Dianabol or Pronabol 5. This can added later. Andriol is regarded as the safest steroid in the world, it is one of THE biggest boosters to the male testosterone system. That is not official by the way, that is from personal experience and many others too. Try it and stand back - whoaaaaaaaa!

Please understand that there is no set age from which to start or end with steroids, they will work everytime it all depends on the amounts and what is used. What will happen though is if you are an older man and feel that life is slowing down a little, remember this:

LOOKING GOOD AND FEELING FIT IS THE BEST REVENGE OF ALL!!

Your question is to who? The general public; who basically do not give a

fuck whether or not you give up the ghost and die or not. They expect you to grow old and wither away to nothing and most of you allow this to happen - DON'T!

The training that you plan and do will give you the confidence that you want; the gear will give that extra boost in ALL areas no matter what ANYONE else tells you. And that is a fact. It won't harm you, it won't kill you but it will give you the edge and replace what you have lost or are losing with getting older - again, that IS fact.

Chapter 12

Supplements Plus

There are are basically three categories of views on supplements from the end user - meaning US!

1. Supplements are sold by the retailer with the sole purpose of making profit and not caring what the fuck goes into them in the end!
2. Supplements are an essential part of our diet when the end user cannot fit in a completely balanced diet.
3. Supps are not only a means of ensuring a balanced diet, but they are also a safety back up (because of their individual actions) when used in conjunction with the gear or sold by retailers etc

For those people who will go around thinking that ALL supplement retailers are in the bin for this purpose only; then they are on the wrong track. For many years now we have more than willingly advised on any number of other companies and their supplements, so that the person enquiring can be assured of getting the supplements they need into their bodies. After all, they are needed more than you realise. It is all important for all our customers and trainees to get results. We have done this knowing that it is essential that if anyone is using or even contemplating using the gear; supplements are a major source of back up fail safes. We do this because we are lovely people cute, and we go to church, (even if it is to steal the lead).

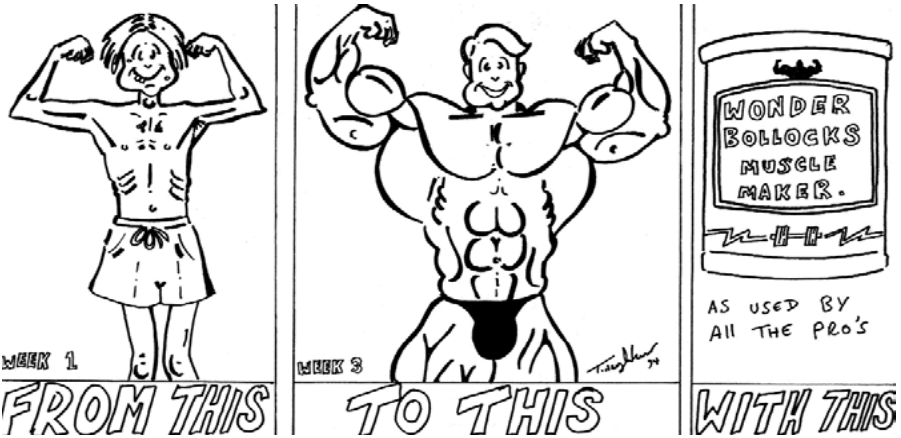
What we will not advise on are the new and varying products that suddenly appear on the pages of the glossy magazines. All these new wonder products look amazing and really attract the wondering eye in all sorts of ways. Trouble is once you have bought half a dozen of the new and varying wonder supplements, and piled them on the kitchen side, 9 out of 10 of you will have forgotten what the heck they were supposed to have done in the first place.

All I have read is maybe some shitty photo-copied article that has been written for the sole purpose of selling the product that you have in front of you. At least the NBC gives it to you straight - NO BULL. The point is this; you will buy almost absolutely fucking anything - without thought. Let me give you an example. OK, we can break down the amino acid complexes into the eight essentials, then the 3O odd other essentials; point is, each one does its own thing. Now then all it takes is some clever mother fucker to come up with some hair brained idea about yet another essential or non essential amino. With that they can convince you that IT ALONE can do wonders by either fueling a particular muscle group, decreasing the lactic acid build up of another, or slowing down the degenerative speed of muscle loss - fuck me what am I saying! See it even gets to me. Get the point though?

When we have run out of aminos, we will get onto the minerals, of which there are shit loads. Then maybe the muck off the side of a spud will suddenly give us a better horn - when will it all end. Thing is, all the individual aminos that you are using in seperate tubs with seperate prices etc, all come together in the end anyway! - So why not start at the beginning and use a full spectrum amino in the first place - Jeeeezus. A point is made.

The No Bull View - *(or blowing our own trumpets can hurt our necks!)*

Have you noticed something about our own supplement company - NO BULL VITS (no bull shit). It always seems to be months, even in some cases a year before we stock some types of items. There is a good reason for this. We could stock these type of items as soon as they come out and make a quick buck, the problem is that we WOULD NOT know what we were talking about, just like the many that do stock them. We would then lose the quality customers that we have taken 500 years to aquire - do I exaggerate? We are not prepared to risk that whatsoever. At least Mick Hart Training Systems can stand up and be counted as one of the companies who believes in what it preaches. Those who think differently -



fuck em anyway!

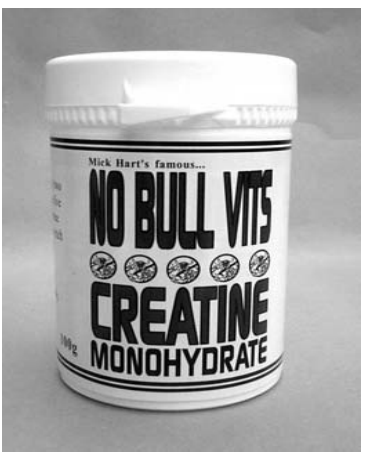
This type of commercialism sucks when you lot have to be told about it so that you can prevent yourselves from being ripped off. The most annoying thing is when a person rings me up and complains about a product that they have bought from somewhere, then asks me what it does. Their next step is for them to complain to me about it, the shit results that it may bring and bollock me about it! Bearing in mind that they will not have bought it frorn me in the first place - Twats!

Want another one! There is a guy who rings me up occasionally and his first question will be to ask me if have one of the new fangled supplements in stock. Bearing in mind that I have told him hundreds of times that I will not stock any of the new products until I have heard favourable results about it. This is not enough for him and he always asks why I don't stock the most up to date supplements. I explain yet again, that in order for me to give him 100% back up information, I have to know that such products work. He still continues to ask why. I tell him that for me to be able to stock these types of items, I, my company, has to buy, as an example, 500 of each one. Bearing in mind he may have been the only person to have asked about it in the first place. I suppose he has to ask. You see, by totally individualising all the amino acids, minerals and vitamins AND giving them a set time to take them AND a set way, we have no choice but to buy the frigging lot and have a go. By the time we have taken three times per day, seperately, we suddenly realise that we have got hardly any time to bloody train! THEN you will hit the crash pan, okay loo, and a great deal will be flushed away without you having ANY idea as

to what did what, when, how or to what bodypart! But if you must buy, and I am not saying that you should not, then do it this way in order that you can get the best deal out of your purchases:

1. Establish a KNOWN basis from which you can work from. For example choose a protein that suits you i.e. whey, whey & creatine, weight gain, 90+ etc and stick with it for at least a month. Do the same with AMINO ACIDS. Everyone has there own view as to what works best, free form or branch chain. I personally think that free form is the best way to go, however, others do not. Find the one and stay with it. You then need a good vitamin C capsule (around 3-4 grams per day), and a strong multi vit. That will form the basis from which to work. Bodybuilding takes a helluva lot out of us, more than we can imagine but it tends to creep up on us if you haven't already noticed. You can train great for a few days and then you seem to start slowing down, especially when nothing has been relpaced to take out what has been used up - it has to be replaced as what we do is to gradually wear away at our resources. Think long term and load up on the basics.

2. Instead of buying everything in sight, try a couple at a time and keep a diary as to what happens and any increases in strength, energy etc that you may have, note when and how much you think that the products had worked for you.
Creatine was a no no for me at one time, until I gave it a long run and tested it TOTALLY on myself and my son. I was really impressed with the results that I got. Strength increases, yeah, but I felt a lot leaner and yet fuller after using it for about a month. But it took that long to establish a feeling for the stuff. Same thing for Glutamine, the supposedly cell volumiser! Yep, after a few weeks I felt a little more volumised I suppose, but I need to take a little more time on this on for the time being.



The one that did impress me was Chromium Picolinate. This product was the subject of many tests by certain authorites and of course I was as sceptical as usual. It is supposed to reduce sugar cravings and it has been observed to support natural fat metabolic functions

and help the body more effectively use amino acids; leaner muscle, leaner body! In fact I found that it really did seen to hold back that need for the sweeties. Maybe not so impactish, but I did feel a difference. I found that my body was getting a little leaner as a result of using it.

3. Proteins: Whey has impressed me of late, in fact that is an understatement due to the results that it has brought on. I have found that by combining both normal milk proteins and that of whey, my personal mass / weight has increased quite considerably WITHOUT increasing my bodyfat levels. This impressed me a great deal. In actual fact whey protein is ONE of the easiest substances assimilated by the human body. This is perfect for bodybuilding.

4. Instead of pushing to many tabs and caps down your neck at one time, remember that more that enough, at first, is not necessarliy the case. Try to increase your intake gradually and you will then find the levels that suit you personally. It is no good wasting money and as I have said many times before, the toilet will only help to get rid of it as fast as you can too!

SUMMARY

It is true that a balanced diet will help the body a great deal, but it has been proven that even the best, well balanced diet cannot be enough to furnish us with enough of the vitamins and minerals that we require when in training, ne'er mind normal day to day living. We could not eat the amount of food that would be required of us - no way. This has been proven scientifically. As an example, I learned many moons ago that the amount of vitamin C that can be derived from a large Jaffa orange is good but not that good. In order to get 1 gram of vitamin C, we would need about thirty large Jaffas to eat. Please bear this in mind, I prefer to take about 4-6 grams per day, now can you imagine the amount of oranges that I would have to get through. ALSO I would be able to shit through the eye of an eagle at around thirty paces AND it would never touch the sides! My arsehole would be able to tattoo a person with one press - don't even think about it!! But you do see my point I hope?

Look at the bodybuilders of the past, OK, I know that they used the gear but they also used supplements to the limit, they had to. They knew that by backing up their training, diet, rest AND gear, they had to supplement with extra vitamins. They were right.

Chapter 13

Dieting Off & On Steroids

On or off the gear our diet's have to be as accurate as we can get them OFF the gear, we have not the advantages that we would have ON. That being, the main fact is that when on the juice, our bodies are screaming out for quality protein in order that it can grow. With this gear in us, our appetites can be increased tremendously.

Most think that by taking the gear alone, all of the protein, carbs and fat will turn to muscle - this is not so. Steroids will certainly boost the growth process but unless it is specifically designed to burn off fat, it will not do two jobs at once. This is why people get disheartened and come off steroids, only to pull it's results down - and us with it.

One question that I am asked more than any other and that is: *"I want to be as big as possible but lose all excess fat. I need to eat lots to get big, but keep getting fatter Help!"* Same question week in week out. Let me put the record straight: you cannot achieve maximum size without putting on some excess fat; you have to go over the required weight and then some more, so that you can lose the fat and reveal the hard muscle underneath - there is no better way to be honest. You have to eat a lot of food in order to do this. The main important point to remember is it has to be as higher quaility as is possible, that is if you want to reduce the body fat that you put on. However it will take a lot longer, but in my opinion, this is the way I prefer to do it. Eating at regular intervals, say every three or four hours, is the best way to go about it. Your body gets used to the fact that it has incoming fuel to be able to grow and have the energy to train. That is the big secret that everyone asks about; yes there is one and that is it - regularity!

A large percentage of bodybuilders prefer to eat and go over their target weight and then diet it off. It works but it is a ball ache, having to diet down so hard especially after getting used to eating so much food. That's hard, but it can and will give the body enough protein than it needs, then get rid of the rest. This dispels the 1g per 2.2kg bodyweight theory in my eye. Everyone is different and we cannot say what our levels ar until we

have experimented with many different percentages ourselves. OK, as a guideline I suppose that it is something for many to go on, but it has made many fat too! Eating over the top and gradually reducing the calories down bit by bit, you will eventually come to a point that will be comfortable on your stomach. You will find at that point that you will still be able to put on size, reducing the amount of excess calories and also reducing fat accumilation. Using measured protein powders in between or replacing meals, will allow you to reach quite an accurate table of calorie intake. On this type of mass eating system, I personally would recommend a ratio of 75% protein, 20% carbs and 5% fat. Being heavier will mean you will not need to be rushing around the gym so fast and you will be using low to medium reps. See, there is not a lot of carbs needed this way

The plus is that once the body has used up it's carb levels (which will be quick) then the body has to convert some of the EXTRA protein and fat to energy so it can work quite well. Personally I prefer to condition my physique as best I can BEFORE increasing the food intake - and very gradual at that. I do not like too much extra fat, because when I really bang it on I am afraid that I will not see my dick for a few months - or polish my boot tips etc. (I wonder how our Richard is these days?). By conditioning and getting rid of some excess fat before hand, it makes me feel good - mentally and visually.

Being such a handsome bloke, I do not want to hurt the ladies feelings and upset most of the general public - ahem! By gradually adding new foods to my diet, such as tuna chicken, steak. fish, eggs etc, etc at different times, I can see how it affects me fat and muscular wise. This is really the most fun way of dieting as I can still be staying in shape ALL through the growth period - plus I can stop whenever I want and perfect the condition and weight that I decide I want to stop at at any stage that I want. Being in fairly good shape and condition all through the growing process helps a lot. Plus being in shape through the summer AND winter months helps a great deal; the compliments from other people keep me training hard and all I have to do is remember being a fat bastard years ago makes me train even harder.

Have a Pig Out Day!
If you have to diet all year round and have come to the conclusion that there will be no rest from this way of life then there is nothing to look forward to, literally. Bodybuilding should be enjoyed AND looked forward to, but if we have to take that way of thinking TOTALLY then the sport has

about as much enjoyment as a wank in a sanded glove! Yeah, you can be disciplined without a doubt, there is no other way of doing it, but without anything to look forward to the sport becomes a shit streak that you want to wash out. This is where we have to put in a failsafe day - a pig out day if you like which will cause you no harm whatsoever. In fact, it helps to boost the metabolism a helluva lot.

If from Monday to Saturday you are watching your diet so well that it is the last thing that you fall asleep thinking of, then you need the break on the coming Sunday. It does not even have to be that day, pick any one. Personally, I look forward to it so much it makes me sharper wioth regards to my diet. Come Sunday, I take the day on and love it.

I start the day with a full breakfast - and I mean furking full! Eggs, can be fried, scrambled, poached or whatever my fancy takes. I follow this with bacon, mushrooms, y'know, the FULL monty. At lunch, the traditional Sunday is my main aim. Yorkshire pudding are coming out of my ears by the time I have done COVERED IN GRAVY (hang on a minute while I wipe my lips!) - you know the score. I still make sure that there is adequate protein going in, but enjoy the fact that chocolate, ice cream and the occasional gateaux is also slobbering over my taste buds.

I can sense the unbelievers out there shuddering at the thought of so much enjoyment and even worse, the guilty thoughts of the aftermass! What a load of bollocks let me tell you now! I can guarantee that not one extra pound goes on my body that should not be there. I wonder why then, my disbelieving friends, why ALL YEAR you can push your finger into my abs, in fact ANYONE OF THE SIX PACK and get about a half an inch depth - hmnnnnnn, jealous little bastards aren't you? But it is true! The food that goes in does in fact boost my metabolism so much that it is

hard to believe at times. My body feels that the extra sugar is a bonus and works even harder to get ot off. It has a break if you like - it also fucking well enjoys it too!

You see for the body to get fat and I mean fat, it needs to have that amount of abuse for quite a length of time. It needs, if you like, a routine. I am constantly doing things as best I can. Bringing up a three and a half year old boy on my own does make things a little more difficult, but training at least 5 days a week as well tends to kick the shit out of ones body as well.

There is no need to panic about having a day off - it will do you more good than harm and that is a fact. Also true is the saying, ".... a little of what you fancy does you good". I wonder if that little brunette next door understands the saying too? Hmnnnn, where's me slippers?.....

Chapter 14

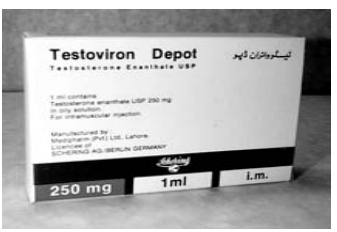
A Selection Of Steroids In Use To Date

Here is a seletion of some of the gear that is currently available and in use in the UK to date. There will be many steroids that I will have missed but I am sorry, I cannot cover them all. However, if there is one that you wish explained in greater detail, then please feel free to contact us at the main office and we will see what we can do to explain it further.

I have explained about counterfeits in some detail, but it is impossible to show all the crap that is currently touring the country. What I can do is explain the steroids as best I can without bull shitting you with scientific explanations that will want you to rip the page out and wipe your arse on it. The steroids featured are currently being counterfeited, I would be a liar to say that they are not. What I can do is again offer a service, which I have done now for years, to try and guide you away from some of the shit that is on the streets. But for now, please read on and ponder on the gear that is real and what it can do at least

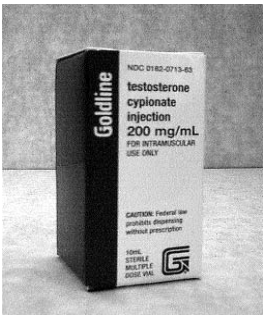
TESTOVIRON ENANTHATE - Mass & Strength

Still one of the most popular mass building steroids around and one of the oldest. It is highly androgenic and aromatizes quite easily in some people, others not. This is why it is one of those steroids that has to be tried first to see if it suits you. It does most and can put on a shit load of strength and size if it does. Recommended highly but the use of nolvadex is also highly recommended (nolvadex explained later). Very popular with strength athletes especially. The Shering versions from Spain, India and Pakistan are excellent choices.



It will fit in with most cycles and with most steroids but if water retention is a problem with you, then try with small dosages at first. Suggest 250mg every 5-7 days. More can be used but steady at first.

TESTOSTERONE CYPIONATE - Mass & Strength



Maybe more popular than the enanthate version but the choice is purely personal. It is an oil based steroid that can certainly put on a shit load of size and strength without a doubt. A lot of athletes started out on this one and built a lot of mass. It is a good 'un! A popular version is the Goldline Cypionate multi by Centaur. This is still outselling many other products by far. It comes in varying amps and multi vials, but I would suggest around 200mg every four days for maximum effect. Nolvadex must be used to avoid having nice tits!

TESTEX PROPIONATE - Mass, Strength & condition

Another of the testosterone family but one that is a mix of enanthate and propionate. It is a very fast acting steroid that can build size but also give the physique a lot harder look and feel. I like this one a lot. I would use this in both size and conditional cycles. It comes in many different dosages from 50mg to 250mg per ml. A good version? Try the Leo variety for the 250 and 100mg sizes. For the 50 and 100mg multi choices, you cannot beat Tesovit. Nice one. Suggest around 250mg every 3-4 days and again, nolvadex recommended.

TESTOSTERONE SUSPENSION - Strength & mass assistance

Now this is fast acting little product that can give a lot of strength indeed and that is why it is so androgenic. It aromatizes very easily. If used for a long period of time it will kick your balls into touch, however, they will come back into play most definitely and the power that can be derived from test suspension usually outweighs the loss of your bullets for a couple of days. I know a lot of bodybuilders that have used this before a competition and experienced a tremendous amount of hardness to their physiques. Personally I would be shitting myself if I used it before a competition, but that is me and I know my own physique, but the results have proven those that have used it before one, right. Dosages preferred around 100mg minimum every couple of days; some people use more with no problems, but at first, I would suggest the latter. A good make? Try Teston 100. Will stack in between most stacks that are size based.

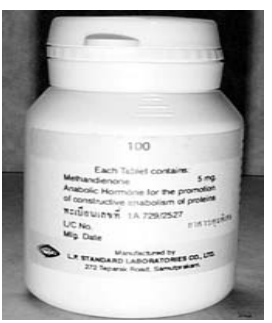
SUSTANON - Mass, Strength & condition

This steroid is made up of four different tests and each one is designed to give maximum strength and size results. With this you would expect a lot of water retention but this is not the case. It is also very fast acting with strength and size gains being it's main giver. Because the tests are given in small amount, the water retention is kept to a minimum. It is a perfect scenario and for this reason it is by far out popularizing the other tests.

It can, for some strange reason, be sometimes painful to inject; I for one have not had this problem. But for those that have, I would suggest warming the vial in say a cup of warm water, I use my coffee when the chance is there. This tends to stop the problem in most cases. It will stack with ANY other steroid and no problems have been reported to suggest otherwise. Dosages preferred are around 250mg one every five to seven days.

DIANABOL - Mass & Strength

It was practically the first steroid available way back in the early part of the century and it changed the face of not only our sport but many others, simply because it worked so well. I like to think that of the many years of it's usage before anyone knew about steroids and what they could do, how many records would have NOT been broken without it. I don't hear many of the anti steroid league shouting their bollocks of about erasing all previous records and starting again do you? That is because THEIR heroes wouldn't have done such a thing! Yeah, and I my dick dips in the toilet bowl when I am stood up too!! (Oh I wish, I wish, I wish).



Anyhow, this steroid is still shit hot at making muscles get up and grow - big style. As daft as it may seem, even the counterfeit versions that we have seen through the years have produced some fantastic results - and I am sorry but that is a fact! This steroid comes in 5mg tablets of both white and blue varieties and is still produced no matter what the unbelievers say for fucks sake. Do you think that a company would invent and produce a product of such popularity then stop just like that? I could happen, but don't you think that they would also be fucking well stupid NOT to allow

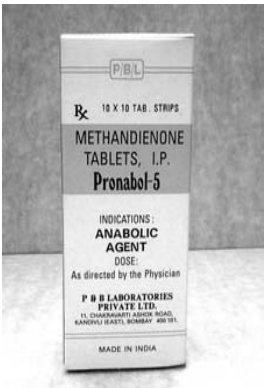
other companies to produce it if they cannot be arsed? Of course they bloody well would. Let's imagine that Esso invented petrol for a minute yeah? Well then, let's also pretend that Esso decided that they had enough and wanted out of the business - period OK. Do you think that other companies would not be interested in producing petrol under another COMPANY name? Of course they furking well would; same shit applies with a steroid. Other companies CAN produce the same product for fucks sake. This really pisses me off when someone calls me for advise and then TELLS me, not asks me, that a certain steroid is now NOT being produced because that company has closed down. It may be that the building had burnt down for crying out loud - thought of that. Fucking hell people, use it will ya!! Sorry, I digress, back to the steroid.
For a first time user or if you have been on the gear for years, Dianabol will definitely make you grow. It will stack with ANY mass orientated cycle but it will aromatize (hold water) if high dosages for long periods are maintained. I say this because there are many that do not hold water on the 'Bol and achieve FANTASTIC results just using it alone. It is s shit hot product.
The sensible dosage is around 50mg per day, however much more can and has been used. But, I would recommend that it be pyramided up and down during a stack and this way higher dosages can be monitored safely and easily.
If used along side other steroids such as testoviron, sustanon and deca for instance, get ready for some new shirts. Nolvadex recommended highly with it's usage.

PS:
I knew a guy years ago who actually fed his goldfish the occasional few dianabol tablets. This is a fact! What he used to do was as he was taking his daily dosage, he used to crumble a few tabs and throw them into the bowl - absolutely true. I called down to see him one time and he told me then showed me the fish that had to be transferred into the garden pond they had grown so much and that is no bull shit whatsoever. Mind you, I was even more impressed when I saw what was a fairground goldfish beat the fuck out of a £2000 Koi carp. Now that was impressive, well almost!

PRONABOL 5 - Mass & size

Of the same family as dianabol but this very popular oral tends to hold a little less water that it's sister. Again, this can be also down to the individual person using the steroid and also which other steroids are being

included in the cycle too. However, a very popular steroid that is becoming very hard to come by each year. PBL methandione from India is the genuine product here. Again, it comes in 5mg tablets same as the dianabol.



ANABOL - Mass & Size

Same as Pronabol. Different country - different name!

ANDRIOL - Mass, strength & condition

This steroid is my favorite. It is also the safest steroid around without a doubt. I prefer to take about 6 per day all year round more or less. It give me a lot of strength and boosts my sex drive like nothing on this earth, except for being whipped with a wet Woodbine and having a wamk with a glove with nails in - sort of! It comes under several different names but all are the same product; Restandrol, Undestor, Nilevar and of course Andriol. It is featured in the chapter on "Steroids For the Older Man" in this book.
Highly recommended for both young and old and will most certainly stack with ANY cycle that you can put together, be they for mass, strength or condition. It is only in the system for about 8 hours approx and so needs a regular top up. I take two or three split up three times per day. Each tablet is of 40mg strength.

ANAVAR - Strength & condition

Another very safe steroid which, to everyones surprise has been passed by the Americans as a safe steroid to use - it is alleged. This was a shock to say the least, especially when possesion of steroids is a federal offence in the US and is looked on as worse than the hard drugs that are around. I cannot understand it, but I respect their views I think.
I must say that even though they have reintroduced the steroid onto the market, it does not mean that they have allowed it for sale over the counter, but just agreed it is safe to use - I must point that out.

It gives out a lot of strength, not so much size, but when used inconjuntion with a mass cycle, it's benefits can be quite helpful and dramatic. The thing is that quite high dosages have to be taken in order to benefit from it. At about 2.5mg per tablet, 10-15 per day along with other steroids in the cycle is not uncommon. Very safe and recommended.

WINSTROL - Strength, condition & mass assistance

Otherwise known as stanazolol this steroid is a very versatile addition to any stack. It can be used in both mass and condition based cycles without problems. The injection is water based and therefore is in the system for only a few days or so hence the need to top up regularly; this is not a problem as it is very safe to use.

I use this one more than any other steroid around. If I am aiming for more mass or just trying to harden up, Winstrol will fit in with any steroid that you care to put it with. It is that good.

The other good thing is that if you are on a cycle with a lot of different injections included, your arse can end up lookin like your moms veggie culendar at the end of the day. With Winstrol being water based it is easy to inject. I prefer to put the jab into my delts and save another hole in my arse! (I was dying to write that - heh heh.) You will find out the pumps that can be achieved on Winny V can be quite amazingand if hit to hard, they can damn well hurt - bit I don't mind that one bit.

I would recommend 50mg every three days and even shorter if conditioning or pre-contest preparing. If the latter is the case, a shit hot combo would be say, Winstrol 50mg/1ml every 3 days, Primobolan 100mg/1ml every 4-5 days, with growth hormone and T4's as the main fat burners. Growth hormone being at 2iu's every 2-3 days depending on your pocket.

STROMBA / Stanozolol- Strength & Condition

Again, more or less the same as Winstrol except for the fact that it is in a 5mg tablet instead of the Winstrol tabs version of 2mg. Some people however have reported quite substansial gains on this

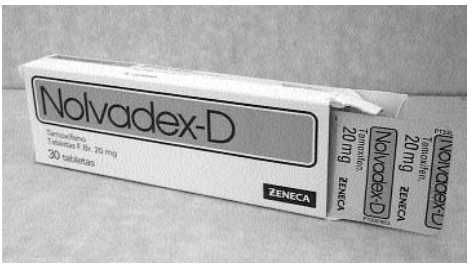
product alone. And, although I hate to say this, some of the generic versions are blowing away the original. Nice one.
Dosages at max of around ten per day, more would not be a problem but suggest pyramiding them over say a 8 week course. Good product without doubt.

ANAPOLON / OXY 50'S - Mass & Strength

Like I have said many times over Oxy's can literally make anything grow - if it suits you. This is important to note. Not everyone will get on with this steroid, I don't. It is basically the strongest oral available and the side effects can be heavy water retention, increased blood pressure, zits, attitude problems etc etc especially if the dosages are to high. Many do not listen and over dose on this powerful oral. The people that I have advised have not had any problems, well the ones that have taken the instructions and carried them through.
The best way to take this is over a five week period. At the present time, the Oxy's that are available are good, but tend not to be as strong as those of many years ago. The potency has been decreased obviously.

The tablets usually come in 50mg strengths. I would suggest that you start on the first few days on a half a tablet per day and at the end of the first week move it up to one whole one. On the second week move it up to one and a half during the first part of the second week and up to two whole ones by the end etc. You know the system by now. On the third week, try moving the dosage up to three if possible but before you do this, you will know if there has been any problems like I mentioned before. If so, obviously back off and down.
You can use this inconjunction with any other jabs in a mass cycle with no problems. However, like I say, ease in the dosages and see what happens as you go along. It is far better this way. I most certainly say that nolvadex should be used with this steroid as it aromatizes heavily and obviously is highly anabolic. If it does suit you and you get on with it, the strength and size gains can be phenomenal. It has been preferred by the strength athletes and off season bodybuilders for many years now. It certainly can make muscles grow out of a tomato - and then some.

NOLVADEX / TAMOXIFEN - Preventative



This little beauty has taken a lot of flack these last couple of years and it should not have been to be honest. It has, for your information, been proven to be able to assist in the curing of some forms of breast cancer in women and in other cases - cured! I said many years ago to watch out for it as it will be hitting the news soon.

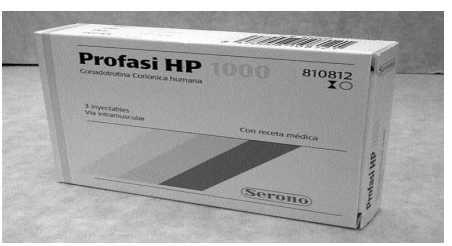
What it actually does for us is prevent the build up of estrogen, the female hormone, in men. When this happens, we can see the results of it by the swelling aroud the nipples and a soreness that is quite uncomfortable. This is due to the abnormal build up of the estrogen as I have said. This is know as "bitch tits" or Gynecomastia. I don't want to go into the scientific details simply because it would bore the shit out of the reader.

Basically, so's not to make this sound unimportant, it is vital that you understand that although there have been rumours that nolvadex may be able to cause a 5% reduction in muscle gains (which I think is a load of bollocks), you must ask yourself if that loss is worth it? Once gyne has set in there is no way it can be reversed, it has to be surgically removed. Now then ask yourself this - who gives a fuck about a possible 5% loss if there is one? Anyone want a nice black lacy bra?

A 20mg tablet per day usually takes care of most problems and the fact that nolvadex assists in the prevention of water retention, due to the aromatisation of steroids, stops the physiqiue looking bloated and fat. Prevention is better than a cure anyday.

HCG - Testicular Recovery & Strength

Real name Human Chorionic Gonadtroophin and derived from the urine of pregnant women. Used to kick in the testicles after a major shut down if steroids have been used heavily or that the person is prone to such problems. If you find that you have a problem getting an erection and you cannot "ring your girls bell" then I would suggest that around 1500iu's would be enough to start the ball rolling again. I would take



about one every two weeks in order to prevent such problems, even though there may not be any signs at the beginning. HCG can also give quite a boost to the users strength levels. This is not uncommon. HCG is not steroid.

DECA DURABOLIN - Mass, Condtion, Strength & Joint Recovery

I would say that Deca is the most popular steroid next to Dianabol. It is most certainly the most versatile product in our arsenal being useful for mass, strength and also during cutting up periods such as contests etc. It is a high anabolic, middle of the road androgenic steroid which was designed primarily for the relief of afflictions such as arthiritis etc around 1960 - ish. This makes it ideal for use during training because the pains that we can get in our elbows, shoulders etc can be quite a shit most of the time. I get a lot of stress in my elbows and delts especially and during cycles on this stuff the pain is dramatically reduced.

Note that if you are in a sport where testing is likely, steer clear of Deca as it can stay in the system for quite a while. I have known cases where it stayed for up to 2 years. However, the strength of it diminishes so the test would more than likely be a loss after a few months anyway. They would have to be shit hot to find it if they weren't really looking for it specifically. It will mix and match with almost any other steroid, jabs or tabs. Works particularly well with Sustanon, Winstrol (tabs or jabs) and Testoviron plus many others. Any further advice please contact us for details; if we can advise we will. Suggest dosage around 200mg every four days.

PARABOLAN - Strength & Condition

This is an excellent steroid for pre-contest preparation as it will not hold to much water, if any as it does not aromatize the way the other steroids do - although in theory it should. It can be used right up to a show date without any problems and stacks perfectly well with Deca and Primobolan. The condition that this steroid can give is quite amazing if the combinations with the other gear is gotten right.

Personally, I feel that it works even better with Winstrol than any other steroid as the size is maintained and the pumps are amazing.
It comes in 76mg amps and it's availability at the time of writing is pretty poor. But it will be back with a vengeance and a higher price no furking doubt. Suggest one shot every four days.

PRIMOBOLAN DEPOT - Condition

This is the only steroid that will work well on a low calorie intake which makes it perfect for pre-contest work. It is low toxic and so therefore can be taken quite regularly without any adverse side effects. Again it works even better with good old Winstrol. Suggest around one shot 100mg/ml every three to four days.

CLENBUTEROL - Condition & Weight loss

Great for ripping the fat of ya, but remember not to take to much as the shakes will rip yer dick off! I do not care what the general know alls say about taking 8-10 per day, a load of bollocks to be honest. You must know that it is best to take these at one or two at a time throughout the day, no matter what they say. I would suggest about 3-4 per day taken gradually. Some people can get quite good muscular gains from this product as well as losing fat at a good rate.

I must warn you that it is best to take this oral at four week intervals then come off for a week or two. The reason is that I, and many others, found that with continued use - no breaks - the fat loss can be reversed and you find that shit loads of weight can be put on in no time. I know it happened to me and I was shocked until I found the reason why. Pissed off, what!! I can tell you I could not believe it. I cracked it though by adding the tablets in at one at a a time as I said at around four per day. I came off after the fourth week and was back on after a short break. Phew I am glad that I found out what the problem was. I could not see my dick except for the shine on my boots!
But believe me, once you have got this one cracked, the fat can just rip off you easily - especially if you are watching the carbs. Another good tip is to take Clenbuterol about an hour before you train. I feel that the pumps are well and truly shit hot and the fat seems to flow off me like nothing else.

THYROID STIMULANTS - Fat Loss

At the time of writing the currently available thyroid boosters are T4's and Triacana. I find that the T4's are basically shit hot to be honest especially when used with growth hormone. I have NEVER in my life seen as much condition come about as with this combination. You will be surprised at the amount of people that should be on T4's as there metabolisms are mostly slower than a tortoises arsehole! I will cover the growth/T4 combo a little later but I can say that my physical condition has never been better since I have been using them.
The important note to lock onto here is that you MUST only stay on the thyroid boosters for about five weeks then COME OFF for at least a week. This way you will have no problems. Your body will not then get used to the tablets rely on them. You would find that your bodies metabolism will stay high and the fat will drop off.
Dosages on the T4's, I would say start on one per day and move up to two after a few days. Peak at the third week at around two and then gradually come down. It will work well.

EQUIPOISE - Condition & Strength

Not a lot to say about this one except that it has become a very popular steroid of late that has the same basic principles of that of Deca. Used primarily for pre-contest preparation. Some have said that it is similar to that of dianabol - I disagree although it can give quite good strength gains when coupled with higher androgenic steroids such as cypionate etc.

NUBAIN

See chapter on this product.

INSULIN

See chapter on Growth Hormone

SUMMARY

Well there you have it, a selection of some of the steroids that are currently in use in our country to date. If I have missed some of those that you wanted to read about I am sorry but I could be here all year writing this bloody thing. Anyway there are monthly updates in that fantastic publication the **NO BULL COLLECTION** which if you are into bodybuilding you

have got to be into the magazine that changed the course of bodybuilding as we know it. Fuck ‘em I will say it myself and they know it did!

Anyone interested in the magazine get in now you will not be disappointed. The mag contains stacks, cycles, information, training and basically a bigger version of what you are reading now!

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Chapter 15

Growth Hormone - Simplified!

There has been so much written and said about the growth that it is becoming quite boring now, and to be honest there is not going to be a hell of a lot written here as well but for the better part, I will explain my practices, results and success with myself and many of the champions that I have coached over the years - even because some of the selfish bastards would not admit it to you - ahem.

The technical bullshit and the chemical equations that some of us simple bodybuilders are coming up with really are beyond belief to be honest. They do not only stand need looking at they also take up a shit load of money and 75% of the day figuring out why and when we should be taking it. Before breakfast, after, in between, 20 minutes after a shit - you know the score. It has become, as I have said a ball ache now when it really is that simple to explain to you even for a dim wit such as myself.

In a nutshell what growth hormone does is say, “Well, I will take care of all the protein distribution around the body. I will send it to all the places that you are training and ensure that each muscle stimulated (or not), will get the right amount at the right time. Oh and another thing what I will do. Instead of you having to take in more and more carbs that can turn into fat - sort of - I will get my energy and make sure that you get yours from the fat already in your body. Is that OK? Hope so because that is basically what growth does. And it does it very well too! What it also says is that if you are going to use those steroids in this body, let them get on with the job that they should do and I will take care of the rest.

Growth even allows the muscle to accept increased nitrogen retention with the use of steroids also, and by letting them get on with their job, fights the fat battle whilst at the same time increasing the bodies growing potential phenomenally. It really is that good a product.

Side Effects
The scare stories that have obviously accompanied the G are, in theory correct in their knowledge - reference side effects. The facts that yes it

can produce enlarged areas of bone structure i.e. elbow joints, jaw line etc but this again is down to the fact that if you use to much - y'know what comes next. However, I have not known ANYBODY in this sport who has had even minimal problems with the G. These scare stories are of course based on fact but I do not know anyone yet who can point backwards with their elbows.

Cycling
Personal experience and also because the realisation of the unecessary complicated, scientifc cycles that people were coming in with every other bloody day, told me that it needed simplifying in order that it would fit in with my schedules. It work better than I could have expected - and then some.

The steroids that I was using where picked so that could still maintain and gain good size (enough for me), recovery and especially, condition. I like to say in shape as long as possible through the year for the up and coming summer months and the usual attractions.

The stack that I fitted the G in with was more or less the same stack as the one featured in Chapter 11. The differences were that I added Pronabol 5 (or Dianabol which was the easier) on a dosage which was 4 per day week one, 6 per day week two and then on to 8 per day to peak at 10. I then dropped it down again to four and the end of my stack by this time. I also put in 200mg of Deca every Monday as well to compliment the Testoviron that was in their too! I also added a shot of Winstrol injection

into my delts every other day or so and also 4-6 Andriol every day too. This was not by any means a lot. In the end, I was in the best shape that I had been in for years. Leaner, harder and gaining more and more size every day. The pumps were and still are amazing to say the least. But c'mon, you have to hit every workout like it is your first - there are no excuses.
I used two types of growth hormone; Nordatrophin at first, then I moved onto the famous KABI pens soon after that source ran out. I worked it on a 2 iu's per every other day system; just jabbed into the layer of fat on my belly with an insulin needle - it worked a treat.

I believed the theory that you shouldn't take carbs a hour before and an hour after, which meant in somes cases that I would wake in the early hours to have my jab. This was easy as I find sleeping a difficult task anyway. Again it worked very well indeed.

A Few Weeks Later.....
As is always with me, the growth hormone started to show it's worth and the results after a couple of weeks were, to be honest, absolutely *pheni, phenomen, phenomini* - fucking great! At first I saw a bit more vascularity than normal and then I felt the fat on my hips start to go down. I knew that the T4's (thyroid stimulant) would be kicking arse, especially with the growth, but the Winstrol 50mg injections were making me harder than a full blooded dick in cement! I love that stuff - Winstrol not dick! I took a shot every third day in the delt and the pumps on all body parts were bloody amazing to say the least.

OK I have experimented with sight injecting and can say that I agree it works in many cases, in some ways, but if you get a bad jab say in the leg or whatever, even with a small needle, walking like John Wayne would have been a pleasure. As it was, walking PERIOD was a fucking problem. Sometimes you can get a bad jab and others, well you know the score - they hurt anyway if you get 'em wrong.
Now then, what was it my old grandmother used to say, hmnnnn, I know, *"....a prick in the hand is worth two in my mush, that's about £4 in my town!"* Tut, she was a tart anyway.....? Back to sense!

Anyhow, the fat was ripping off me like nothing else and the muscle was left alone to get bigger and better. It was not being used as an extra source of energy like in most situations. This is usually the case when people find that they are overtraining. The carbs are being used up and

when they are (i.e. after the first 20 minutes of a workout) then muscle tissue is called up on as reserve energy as it is easier to convert it than fat - although fat is used as well. This is why you can train and eat well and yet still not grow. See what I mean? When the growth is not being used, the only way to combat this problem is to train enough and rest a lot. It is the only way to grow. It is no good using the muscle tissue for energy.

Mass or Condition?
Using growth in a less complicated way is much more enjoyable, easier and definitely safer. As you will read in the next chapter, adding insulin not only complicates things it means that you are playing 'Russian Roulette' with a substance far more complicated than you can imagine. You will inderstand more as you read on.

I can use the growth for mass or condition without a problem. Increasing my calorie intake with high class protein and inducing carbs at the right times (before and after training especially) make the job easier than you can imagine. Now where is the complication in that AND my life has not been in jeapardy one bit and I know it!
It is one of the safest things that you can use within the realms of 'chemically assisted training'. If I wanted to, I could stop on it for as long as my wallet allowed me to. The condition gained from its assistance within my training schedule is fantastic. I must stress the word 'assist' simply because that is what it is. The growth does not do the job on it's own, you have to provide the hard bit - growth just adds that bit of shine and you would love it.

Finally, for those in training using other sports where strength and physical attributes are required and also where there maybe testing procedures etc; growth STILL remains relatively undetectable! I am happy that it really pisses off the Olympic Commitee again and again. Hah!

Chapter 16

Insulin Usage - Good or Bad?

If you have turned to this page in the hope that you will be able to pick up the latest methods of taking insulin whilst training, then I am afraid that you are going to be greatley disappointed indeed. I am sorry, you have not been misled, hence the reason for this explanation at the beginning of this chapter.

My point? Well, I have been in this sport for many many years now and I am proud to say (touching wood at this moment) I have NEVER in all that time had any serious problems with taking steroids that could be regarded as news. The odd spotty zit, a lack of the old hardy har har, a headache from the tablets that a once spunk bubble of an arse hole dealer sold me years ago, that turned out to be something from his mums medicine cabinet throw out day (he ended up eating them all), but really nothing at to be bothered about.
(Ahem - please read the next few lines a couple of times as it is a JOKE and I want you to fucking well understand that please - thank you!)
I have had more pricks (needles people) in my arse than a second hand dartboard and Old Mother Hubbards pin cushion! (End of joke!)

Steroids, yep I know them just about as good as anyone around this shit tip world and that is a fact. Most of 'em know the scientific names off by heart better than me any day and can even recite their basic molecular structure whilst snapping their knackers together like a pair of Spanish maracas (spell?) but really, look at the picture of my face my friend! Does it look as if I give a fuck? I know what most gears feel like and what they do when they are in the body, what combinations and how they react in almost ALL cycles and stacks. Why? Because I have took them, trained on them for myself and hundreds of champs over the world. Hey, anyone can read a book and learn a word or two - agree?

What I can say is that I have not taken this insulin shit and trained on it. You can now ask yourselves how can he comment about it?"
I can, simply because I have seen so many people try and get their levels as close to the norm as possible. It is my own opinion and I am not giving

you advice on how to take it, I am saying that if you do, then here are the problems that CAN occur - and do! I don't know the totally correct or indeed safest way to advise on something that can cause so much problems to a healthy body when there is no need for it at all. Like many other people, I would seek the BEST advice possible if I could. Even then, could I be that sure? Of course not - that is why the margins are so small. Too risky me old sparras. Why fuck up the blood sugar level that is most likely working perfectly well? You have no idea how quick you can die using this shit IF you get it wrong. What price low fat?

I know the next thoughts of the anti-steroid league even before they have finished reading this bit. Could it be something like,*"How can he say that about insulin for instance when he (and many others like him) pump themselves full of the steroid shit that they do?"*
Easy really, please tell me why the streets are not lined with dead bodybuilders who have DIRECTLY died as a result of taking steroids? Anyone's hand up? Thought not. Now piss off please! Line up the heroin has beens and 'are nows will ya?. This should be fun.

There has been, however, many unfortunate people who have died as a result of taking OTHER shit ALONG with steroids and we all know it. The press get a hold of it and it's bye bye bodybuilding reputation once again. As we are about to look at the insulin problem as we know it now, I can say that there has been quite a few deaths because of it and yet we only get to know about it when a bodybuilder dies! How come?
Steroids were said to be so bad for us long ago even before anyone they had really tested them. They also said that we would suffer in time to come as we bodybuilders did not know what the long term side effects of steroids would be. Apparently, we were to suffer and find out ourselves in time. I think the twat who said that was writing the paper with his top lip stapled up. He or she, wrote it so long ago that I don't think that there has been anything on this planet that has had more of a chance to wait for bad side effects than steroids have.

Oh by the way, during the time that they were waiting to laugh there bollocks of at us and see us mutate into big bollocked crazy, headed psychotic sex crazed maniacs; steroids have been healing people as well for all these years. What a shit side effect eh? Ah well, I must away and check the size of my gonads and also get on with the task of explaining to you lot how easy it is for you to drop down dead quicker than a whores knickers if you are stupid enough to use insulin. Here we go.....

What is Insulin?
Millions of people around the world who suffer from Diabetes, rely on insulin every day in order to keep them alive. They need this because Diabetes occurs when the gland that lies behind the stomach, called the pancreas, fails to produce sufficient insulin which is needed to handle the starches and sugars (carbs) that we eat. These in turn are broken down to a sugar substance called glucose; insulin is needed to convert glucose to energy. If our bodies cannot produce it naturally, then many problems can occur. Please bear with me whilst I try and explain the care that diabetics HAVE to take in order to live an ordinary day to day life AND stay alive.

Basically what happens is that without the necessary amounts of insulin required, the levels of glucose in the blood rises and actually spills over into the urine which in turn causes large volumes of urine to be passed. The body, not being able to convert the glucose to energy, then becomes excessively tired. If this problem is not treated with insulin, several other symptoms then can follow immediately which usually are: extreme thirst, vomiting and drowsiness for a start.

'Hypo' Dangers
The extreme problem that diabetics have to watch out for is a 'Hypo' or an Insulin Reaction. 'Hypo' is short for hypoglycaemia which actually means 'low blood sugar'. I have been told that 'Hypos' can actually occur for no apparent reason but are mainly brought on if a sufferer also either does one or more of the following:

Takes more exercise than they normally would.
Eat less than the correct dietary allowance required.
Miss or postpone a meal or snack.
INJECT THE WRONG DOSE OF INSULIN!

I feel that this section is so important that all of the other symptoms need highlighting also. These can be as follows:
Blurred vision - excitement - tingling sensations in lips, fingers or tongue - weakness - confusion - pallor - hunger - nervousness - sweating - irritability and palpitations.

I have highlighted the fourth reason in the 'Hypos Dangers' section purely for the bodybuilders alone. Not to imply that the 1, 2 and 3 are no less important to diabetics, but they are NOT as important to non-diabetics as

is the last one to us (or any other non-diabetic sufferer of course). The main reason for this section on insulin and it's use in this sport is to explain simply that hypoglycaemia can be caused simply by getting the dosage WRONG!

One other terrible side effect from an incorrect dosage of insulin is that you could slip into a coma from which death can also occur. With the greatest of respect to all those who suffer from Diabetes, I have learned from my colleagues and friends who ARE sufferers that obviously life has to be changed around and it can be awkward at first, but in order to lead a normal life, all the proper procedures HAVE to be followed to the letter. They are advised and instructed in the correct methods of how to get their diets right, take adequate rest, eat adequate meals and snacks and also to administer the CORRECT amount of insulin required for the day. By doing so, life would gradually get back to normal. One can only guess that it can be a traumatic time to learn that one is diabetic, but one that can and has to be adjusted to I am sure.
All the day to day chores and tasks are there for a purpose - to keep that person alive and well. If they do all the other things asked of them they will have no real problems. BUT if the the insulin dosage is WRONG then they know that the shit could hit the fan. Are you getting my point yet?

Lowering Body Fat
Unfortunately, many people in the bodybuilding world (and outside of it) have taken insulin on board as the newest aid to achieving levels of lower body fat percentages that were never dreamt of before in competition preparation or general all round conditioning. The other main reason for it's use is especially as an assistant to growth hormone and it's use in training for body mass. There's no denying that it works and all to well at that. The problem is that most people INCLUDING MYSELF do not know enough about it to advise an absolute correct and safe method to assure the user that they will be fine.

A person could use insulin for quite some time and have no problem, but in reality, the dosages are measured in such a way so that the person who has actually has a DEFICIENCY can bring his normal body levels up to par just for the day ahead alone. On each day that persons blood sugar level could be high or low and so therefore the insulin levels must be adjusted accordingly as one could expect. Someone I know personally who is using insulin for training purposes only and is NOT diabetic has been rushed into hospital on two occasions so far with near serious cir-

cumstances. He has been lucky - so far! I have tried to explain that it can be that close a thing to get wrong that is it really worth the risk of dying rather than dieting that little bit longer?

It is as simple as this, if your calculations are wrong by the slightest margins you can die - period! You could fall into a coma and also die, the margin of error is that close.

Finally, you must consider this. Maybe one of the reasons you have bought this book is to find out different methods such as the usage of insulin etc. I am sorry if I have disappointed you but I cannot advise on something that I know personally we do not need in this sport. The risks are to high. Even if you were to consult your local G.P. and ask for advise on the use of insulin whilst bodybuilding, he too would not be able to be that accurate.

Should the pro's deem it necessary, then that is up to them. To be honest, life at the top cannot be that good especially when living on borrowed time is not an option.

Chapter 17

Nubain - The Sad Intervention

I like to think that I can look at just about anything with an open mind. You know, to have a view on life that can accept most things can be quite a challenge at times - also sometimes amusing too! I can honestly see the funny side of things where many people can't. Maybe I am sick, maybe I just don't give a fuck what people think.

OK, I know I have a dig at times, why not, I am pulling the spades out of my letter box on a daily basis, again who gives a .....
I was determined to write this piece after a conversation, with a colleague and very good friend, on the state of bodybuilding in Britain today; namely the intervention of harder drugs into our sport.
Now let me make one thing clear here. I have never, NEVER touched hard drugs intentionally IN MY LIFE and I have no wish to try whatsoever. I also would like to say that I have no intention of upsetting the people that do take them - that is their choice - but what I am going to do is explain to you people just what hard drugs will do to our sport - in my opinion.

Nubain
This product was introduced into the sport a few years ago with forward claims that it would give perfect gains in muscularity, a leaner physique and a boost to the training session like never seen before - it did!
People reported fantastic training sessions and very soon were coming out of the gyms looking harder and sharper than ever before. It changed the pre-contest preparation procedure on it's arse - and then some. What the people did not realize was that after their first INTRAVENOUS jab, they were HOOKED - PERIOD!!

Hard drugs had finally hit the bodybuilding scene in a big way Little did they realize that by assisting it's entrance, they had started a cancer that WILL inevitably destroy the sport as we know it. Do you think that I am fooling? Read on.

Captive Audience
Many of the top competitors, dealers and officials are totally hooked on

this shit. With little chance of coming off. Apparently, the downer (come down) effect of Nubain can be terrible, frightening with a paranoia factor to be reckoned with.
I have said earlier that I have never taken hard drugs intentionally in my life - this is so. What happened was even more horrible than I could have ever imagined
One evening after a fairly good night out for a change I returned home after feeling quite dizzy and sick. To be honest, I was also feeling quite high. A buzz that I had never experienced before. Shit, I thought, that bottled Pils can be the mutts nuts at times. Whoaaaaaa!

I did not know that I had several drinks spiked with Speed, in fact over 6 grams was the amount the hospital had estimated. I will NEVER forget the 24 hours that followed as long as I shall live. This was back in 1996.

Not knowing what the hell was happening to me after getting home, I just thought that it was a beer or two to much - no way. Neither myself or the person who was with me at the time, knew what was happening.
I suffered delusions of a nature that will live with me forever. I could not stop crying nor shaking and the fear of simple thoughts nearly led me to suicide that evening. It seemed that the only way out of the pain and fear that I was going through was to take my own life - the very thought of release was actually calming me down. Alas, a simple punch on the cheek from a wimpy friend saved my life - literally. For that alone, I will be eternally grateful to her.

Warning
My dear God, I was so scared. It is hard, even now, to think about that evening without the slightest bit of fear creeping in. So the fact that these people are hooked on something that can cause a "downer" equally scary, makes me feel for the poor bastards like I could never explain.
I feel for them because I am 99% sure that most of them DID NOT know what the outcome was to be. Nubain is opius based, like heroin. Once jabbed you are literally hooked and FUCKED!
Chasing dreams of the perfect contest preparation would have took them clean out. It was and is basically a trick. They are now wondering why they cannot get hold of Nubain - simple, it is now being held back in order that the price shoots up - and it has apparently. Now you lot are doubly knackered. Don't want to say I told ya so - but I will.

The Future of Bodybuilding?
This is in jeopardy without a doubt. Every thing that a bodybuilder does now, has been and will be linked to anything to do with drugs - especially the harder ones. We do not need this!
The media just love to get a hold onto something like this. Of course they will add a few chapters and generally fuck things up again, but bad press it is and what we shall get.

Who had the fucking stupid idea of putting bodybuilding into the Olympic Games eh? Can you imagine that for a fuck up. There would be so many urine tests it would not be worth putting your dick away. The I.O.C. (International Olympic Committee) and the Sports Council (Silly Cunts) would have a field day! (Get it - Field day - oh balls then!)

We have enough problems without having to worry about more shit coming through don't you agree. But if you have to shoot up on HARD DRUGS in order to get you through a workout, then it is all over for you in my opinion.

Ultimate Orange
Another fuck up is or maybe was, Ultimate Orange or it's fancy named competitive counterparts. This shit is packed to the hilt with Epherdrine Hydrochloride - basically a very mild form of SPEED! This is bad enough and totally useless in the bodybuilding world in my opinion. Why? Well OK, you can boost a workout but what you cannot do is; sleep, make love, think straight, drive or basically anything else. You just sit there - shit faced. That's bodybuilding?

Fear
I honestly think that bodybuilding will become outlawed to such an extent that we will be surprised and not to long into the future too! It is up to us to get things right or at least as best we can. I recall a letter from one RON BALL, a good friend and an excellent writer to say the least, with regards to the motor bike laws. They have been changed so many times to make the riders suffer times over. Are they trying to make biking that much harder they will stop riding altogether? This is a good point by Ron which was published in the NO BULL COLLECTION a few issues back
.
By allowing the integration of such hard drugs into the sport of bodybuilding, we are leaving ourselves so wide open to the media wolves, we would well deserve it.

There are so many people in the BB world that DO NOT want harder drugs getting established even further, but I fear that it is to late. I for one will not be joining those poor bastards in their entrapped world of happy and sad hallucinations - guaranteed!

Reflections
Looking back now in the past at the sad deaths of such people as Leah Betts, the girl who took the bad Ecstacy tablet; can only, or should only strengthen the case of trying to keep the hard drugs out of the sport of bodybuilding. Okay we know that she took it of her own accord, but as a colleague of mine once said with regards to the Ecstacy that is circulatiing around nowadays, "Profits are replacing lives. The "E" of days gone by are gone; nobody matters now, only profits". He is also dead! That is one sad situation and one sadder attitude.

I think that the loyal and genuine bodybuilders amongst us will have the strength to resist the temptation of these killer training boosters as they are viewed on. How on earth can anyone train, properly, when you are so shit faced that holding a bar up alone is literally impossible. That does not become a enhanced workout; it becomes a ticket to oblivion.
I have said it before and will say it again, steroids ARE a temporary aid to training where the results of extremely hard work will produce the desired result - quicker. Products such as Nubain, used in training, are a definite first step into a situation that in 9 times out of ten, there is no coming back from without a doubt.

We do not need the extra arse kicking from the press. We are being outlawed enough as it is and to be branded as TOTAL drug freaks is a banner that we do NOT want to be waving. I think that most of you will agree. The kick that I get out of training is far better than that of taking Nubain of that I am personally sure of. Yep, I am hooked - on the fact that having a physique to be proud of can be more rewarding than one can ever imagine. Whether I use steroids or not, the end results are just the same except for the fact that with the aid of SAFE chemical science, I can do the job that little bit quicker. That is most probably the leading factor why I use the gear - sheer impatience. I want to look good now, not in a couple of decades. Makes you think yeah?

Finally, I would suggest that if you think that you are hooked on Nubain, seek help NOW! Call a drugs clinic and get the best advice that you can. I am sorry but on this one, even I cannot help you except to tell you that

should you be going through a similar experience of that which I did personally, I feel for you because even God did not answer my prayers - even when they were screaming out of my mouth. May that day never return as I wish that you find the peace that you will now be begging for.
Hang in there and get help - NOW!

The guy who introduced this product to Britain, obviously did not realize the implications of his actions. If he did, then good God help us all. What a sad bastard.

** Extract from "NUBAIN - No Gain All Pain" reprinted and revised by kind permission of the NO BULL COLLECTION*

UPDATE
Since the NUBAIN article was published several years ago now, the situation regading Nubain has seriously increased in many ways. The general bodybuilding public will not have noticed and maybe never will.
Some of the countries top pro's, were and are, so hooked on the stuff that you would never believe it. They know who they are and it would do no good whatsoever naming anyone - the situation that they find themselves in is a sad one, but their business after all.

What I can say to those who are or have considered using Nubain, for God's sake don't. I know that you are in for a world of pain and despair. I am not a deeply religeous man and maybe you are not too, but I can say that you would wish that there was a God with you come the day that you are begging for some kind of relief. I pray that you do not get to that sitaution.

We always say, *"..... training is to die for!"*

Think again?

Chapter 18

Recovery Factors - How Important?

Training one bodypart per week, especially a few years ago, would have been out of order for me totally, also for my clients. But after many different experiments, trials and tests I was converted but not after re-thinking a few things about the recovery aspects and it's advantages. Here are a few examples.

Hitting one bodypart per week did not seem enough at all, especially when you are trying to grow. As I have said many times, and always will the best workout for size IS the three day total body system without a doubt. BUT after sometime (and it has been tried and proven) the two systems started to meld together like nothing else. It meant combining the two a piece at a time and most important, being patient and hanging in there

THREE DAY
As said, the three day will stimulate growth like nothing else but it's advantage is down to the fact that the forced rest and recuperation that you SHOULD be taking, does really boost growth after forcing the muscles to go through as much pressure as possible. Pyramiding weights and increasing by 5 -10Ibs at a time is a sure way of increasing size and strength - that is widely known. Many trainers do not realise the advantages of rest, taking instead the view that more is better; which in fact is not the case. This is most definitely the BIG secret that people seek and yet many do not find.

The advantage of the three day system IS the fact that, if adhered to correctly, after being stimulated the muscles have no choice but to grow and recover. Think about this, most who first start out in training and use this method DO grow at a phenomenal rate for the first two or three months and then as the size and condition starts to hit home they are so chuffed; as can be expected. However, the next mistake comes into play. Because they feel that the gains are so good, the belief is that more should be done - and is! Wrong! This is when the plateau is hit and the gains stop.

Usually, this takes the form of many different methods. These can be

either, more reps, more sets, both, extra exercises (especially on arms), less on legs, to much aerobic work, training *just a little* in between the training days. This kills the system totally. Most give up or move onto another system like spilts, where they can blast away even more at the muscles which still cannot recover enough, unless they are allowed to. Sad but true, it is a learning process that unfortunately takes quite a long time to find out about and a think about the time wasted and the gains that COULD have been made!

TRAINING

Of course the muscles worked have to be hit hard - and on EVERY bodypart worked. Using the three day as an example again, the work load has to be spread out as fairly as possible in order to maintain balance - which is ALL important. No one wants to look like a golf tee especially if the legs are not worked. They bloody well need it because working a muscle group such as legs helps stimulate growth all over the body; even more so on chest because of the increased air taken in through it.

Using the recovery advantage to it's maximum is the most important aspect of this subject. I agree that the diet and the training follow closely but without maximum rest you will hit that wall - without doubt. You must remember that it can be used with any system that has been invented. Those who do not feel that they are gaining must look to this part of there training before any other.

If we take the split system shown for instance, (which has proved to be very successful) using ONE bodypart per week, we can look at the ways that it can be utilised.

Every four or five weeks, each bodypart will be worked TWICE in that particular week. Each group that falls into this category would obviously start on a Monday to be done again the following Friday. This is not a disadvantage, but an advantage. This is the time to really hit that bodypart hard to take advantage of the fact that come the week end, it will have had plenty of time to recover, plus another day or so. This helps a great deal. Remember this, if for instance the arms have been trained hard and the next days workout is BACK e.g. the biceps are STILL being worked - indirectly AND directly. See now that the maximum amount of recovery is vital for growth. Same thing goes for chest. When this large group is hit, so are the triceps. Another? Delts and Triceps! They are all getting hit hard not only on the days when they should be, but on their off days as well. Maximum recovery is vital for growth.

WORKOUT - ONE BODYPART PER WEEK

Try this system for at least one month and you will be surprised at the results. That is IF you utilise all the facts that have been given. If you are on the gear, Ok, no problem - it will only help the recovery. But remember, the gear, whatever you use, will not make you recover enough if you are constantly blasting away at one particular bodypart more than twice per week. If you should do more than that, your workouts should be done over no more than half an hour. Even that may be to much. However, some people can and do thrive on more work than others, but they are a small minority - this I know, but for now we will work on the higher. Note that you can start with ANY bodypart at the beginning of the system - but stick with it.

FIVE DAY WORKOUT

MON	Legs & Delts
TUES	Chest & Delts
WED	Back & Delts
THURS	Triceps & Biceps
FRIDAY	Legs & Delts
SAT	Rest
SUN	Rest

I know what you are thinking, to much delts - NO! This is done to spread a bodypart which gets a lot of work anyway. All you have to do on these days is say, 4 sets of lateral raises on Monday; 4 sets of press behind neck on Tuesday and maybe 4 sets of rear delt work on Wednesday. This will not overwork them but save you time in the long run. You will also find that the gains will come quicker too. You can even try putting the delts BEFORE the main muscle group; this will help in warming you up for the big push, especially on the leg day.

On Friday, the last workout, in this instance would be Legs & Delts; remember that come the following Monday, you must start with the next workout following, which in this case would be chest etc. This follows a fluent cycle that enables each and every body part to be worked out hard. When the time comes for a group to be worked twice - each gets it's own. It is nice and simple, but needs to be left that way. DO NOT worry about overtraining as it will not happen IF you stick to the way it is written down. It will work.

INTENSITY

It is important to remember that the main groups to be worked must be WORKED - hard and intense! No bullshit here, hit the hell out of the muscles. They are going to need it simply because they are going to get a good enough rest after their ordeal - if done right, they will need it.
My training partner Chris and I, have been absolutely bolloxed many times after finishing each workout, when we were on it. You must make yourself deserve the pain, deserve the pump and deserve the results. No one said it would be easy. Even after only ten sets of leg work, we were walking towards the water bottle like John Wayne AND not being able to stop a pig in an alley. Shit it hurts when you want it to - and we want it. So should you.

Don't kid yourself, we don't. OK, on the gear or not you have got to realise that this game is not easy. If you think it is, get out of it. We take enough shit as it is and we do not need anymore. You got into the game to be either big, strong, conditioned, athletic looking, whatever the reason, but without that drive and determination in your heart - forget it.

You are not in a sport where you can give up that easily, that is if you are made of the stuff that you think you are. There are many aspects that swe have to consider in order to succeed and we have to take them on or just forget it.

We involve our whole families; our social life is changed in order to accomadate the little time that we spend in the gym, but that is the way it is. Bodybuilding is HARD and I am glad that it is. It takes more than a strong will to achieve what we call perfection. Even when we think that we have reached our goal - we know that there are steps that we have to take to go even further.

Again, I am glad that those steps get even harder. That is what makes a bodybuilder a true bodybuilder, and that is to be simply.....

PURELY DIFFERENT FROM THE REST

LIVE IT OR LEAVE IT!

Chapter 19

A Question Mick?

Q Is it true that I should be doing about 5 sets of fifty reps a day to get good abs? My friend says that it is the only way to get a six pack. He uses a lot of weight behind his neck when he does them. Should I?
Antony Darley,
Devon.

A Your friend must be one of those people who goes out and buys those S.A.S. survival handbooks that have suddenly hit the scene. You know, the type that runs a mile with house bricks in an old haversack and rips rabbits heads off with the crack of his arse. Then goes to the pub at night and tells everyone! He is a twat! There have been some fantastic abdominals cut without resorting to such methods and without ballsing up your workout due to a lack of energy lost during ab training.
A few sets of crunches, leg raises, bar twists and light side bends every other day will build a nice set of abs gradually, but guaranteed. As for the weights shit, thinks about this. What happens when you regularly lift weights with your arms AND increase the weight? Right, your arms get bigger. Now think about it with the waist. Same shit will happen and the upper abdominal will stick out more than a blind cobblers thumb. Again I say that your mate is a twat! Lastly, remember that it is not pure reps that will show a good set of abs - the lack of fat around the waist also helps. Think about that when piling the calories on! By the way, you can also get six packs from the Co-op; there is a special on at the moment!

Q I have always been wary of steroids but secretly wanted to try them. I suppose that the media have scared me into believing some of what they say. Could you tell me what steroids could I take for a first time experience and what they would be please? I am a little over weight and need to lose a few pounds.
Alan Ditch,
Derbys.

A I can understand that you have been misled by the media, that is not your fault, but you will believe what you want to in the end anyway. However, if you are not worried about jabs, I would suggest that you go for Primobolan Depot jab, 100mg, every five days and back that up with Anavar starting from 3 per day moving up to 8 after pyramiding it a couple per week. Say, 3, 4, 6, 8, 8, 6, 4, 3. This would be 3 a day for the first week; 4 for the second week etc, etc. You would have no problems with this stack at all. What it would give you would be some condition and a fair bit of strength. Anavar would do that on it's own. Both are very safe steroids to use. Clenbuterol would be handy to use as well to assist fat loss. Try 2-3 a day, splitting them up throughout that day, not all at once as most would have you believe. Stay on for about four weeks then come off. You must does this as your body gets used to it and if you stay on them to long, the opposite can happen and you would find yourself putting weight back on!

Q I am 65 years old Mick and I bet that you think I am being daft but I want to start training and get a bit of shape back. Do you think that I am to old?

George Bassett,
Rotherham.

A Not a prayer mate. Get yourself down to a GOOD gym and get stuck into it. In any case, I would get a check up first so that you feel OK and the gym that you go to will also. It is only fair and safe. There are many trainers that I know who have started older than you and are enjoying it. Getting blood pumping faster around the body and clearing out some of the crap on the artery walls will not only feel good it will do you good. Get in there and kick the crap out of it - but most of all take it steady at first and enjoy it. You will feel a million dollars after a few days, guaranteed!

Here are some actual facts for you. After the age of 18-20 your own growth hormone (GH) levels start to decline over the coming ten years or so. From the age of about 30 ish until you kick it (die) your GH is at it's lowest. Also after the age of 18-20 ish, your testosterone, thyroid, DHEA hormones also start to take a drop faster than a whores knickers too! The only way that you are going to grow after 40 years old is that you have to raise to the same levels that you had way back when you were 20 years old - right? This can be done in several ways:

1. By regular injections of growth hormone.
2. Regular jabs and/or tabs of testosterone and
3. By taking extra DHEA tablets.
If you do this then you will grow - definitely, and you can quote me on that as fact! You will also get hornier than a bull frog in heat AND you will also DEFINITELY feel younger. That is ALSO fact. You CAN take that to the bank as well. I said bank not wank!

Q Do you think that training at home and taking steroids will work as good as it would if I were to train at a commercial gym? Is it worth it and how could I start off with my equipment etc. What would I need?
Nigel Hainsworth,
Bude.

A Why not? Do gyms have some special air that makes you grow faster I think not. The only difference would be that you could maybe partner up with someone who could push you that bit more and maybe give a little encouragement here and there, but otherwise, er, no! You would be surprised at the amount of people that have started out in home built gyms, amateurs and pro's - and still do! I started out in an old out-house cum coal shed and built my gym equipment from old bed-steads (angle iron) and also from pinching the crap 'men at work' road signs that were, er, lying around. The size of the angle iron was perfect. Sorry council. I preferred training at home and still do because if I cannot motivate myself, how the furking hell can I expect anyone else to? If you feel comfortable at home mate - stay there. As for the steroid question, well I know that they are not fussy what place you train in but as long as you do it as hard as you can. That one is easy.

Q What does "generic" mean? I have heard so much about it with the gear. Is it a company name Mick?

Pete Hunter,
Wirral.

A I get this one a lot so I will explain in basic terms. Let's say that we have a named brand of say baked beans, Heinz if you like There beans are the best in my opinion but it does not mean that Heinz are the only ones that produce beans. If they were to go out of business,

would beans as we know it stop? Of course not. Most of the larger supermarkets have their own beans canned, which can be as tasty as the original, but they are beans all the same. Getting it so far?
It does not mean that the beans are not real, they are, but not produced by the bigger more household named brands. They can be a 'generic' copy if you like. Does the same job, but differently boxed! In most cases, much cheaper too. See what I mean?

Q Does site injection work in your opinion Mick? I have heard so many different theories that I am not sure which way to go.

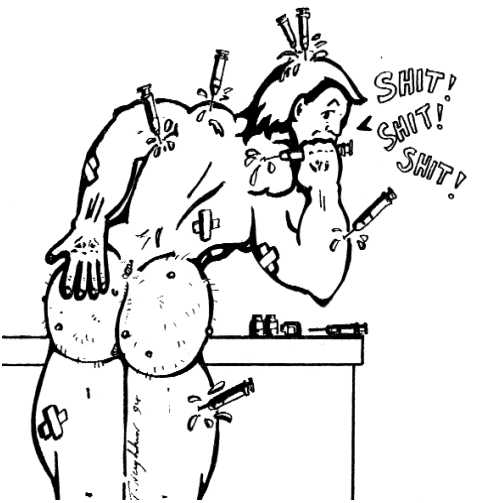
Dean Norman,
Ohio, USA

A At one time Dean, I would have said no I don't believe it would as the jab or tab is basically pumped around the body and distributed according to the bodies requirements. And I will say that no one is an expert on this one no matter what bullshit they come up with. However, over the last couple of years, I have experimented quite a bit and have come up with a few new thoughts on the subject on it's behalf.

I found this method to be more beneficial using faster acting steroids such as Winstrol, Propionate. Viromone, Masteron etc. These particular gears worked quite well to a great extent. I found it so, especially when the pump was so intense. For instance, If I were to be training arms, delts, chest etc, I would jab into the delts only and for legs, obviously, I jabbed into the leg. I would not jab into biceps, triceps, calves, etc no way. Not because of the pain of jabbing, but because of the lack of training I got if those area were so sore I could not!
Jabbing into the areas I did, worked quite well I felt and saw, but in very vascular areas such as biceps, no way, to risky and painful. Having

said all that, yes I was impressed with some of the results using faster acting steriods but not so with longer acting oil based ones. This is certainly a personal opinion and I am extremely happy with the results; as was my trainees. But the jury is still out on this one mate and all I can say is that trial and error will give you the best answer to your question.
I remember when I was fortunate to have spent an evening with the great Tom Platz after a seminar he gave over here. I asked him about sight injection and he said that once, he told someoe that he preferred the Z method when injecting. I asked him to clarify. He said that, in a joke, he said he injected himself in the leg making a Z pattern with the needle. He meant it as a joke, but after a while, allegedly, it was round the circui like a flash. He basically said oops, and laughed. People can be so gullable but he put the rumour right in the end. Amazing how things can get round so quickly.

Q Mick, sometimes when I jab Sustanon into my butt, it can be so painful I have to stop. What is it with this steroid, have I got a counterfeit? I have sent you one to look at - what do you think?
Shane Aspeth,
Gillingham



A Nope, the shot that you sent is a good one, no problem with Organon Sustanon. It is one of, if not the best you can get. The thing with Sustanon is that it really can be a shit to jab sometimes and to be honest I do not know what the fuck it is that causes it! What I do know is how to stop the pain. What you do is to make sure that you get the fluid up to body temperature by either holding it in your hand or bette still, placing the UNOPENED vial under your armpit and keeping it their for about five or ten minutes. The oil will become warmer and flow much more easier. This will stop the pain, well it does in most cases, there is bound to be one that it will not work for. I highlighted the UNOPENED bit earlier for one reason.

I was asked this question by a guy at a talk I was giving some years ago. I told them the same thing, warm the oil under the armpit etc. This twat was opening the vial and placing it under his arm thinking that the oil would get warmer quicker. He called me to complain reference my advice. I just sat down with my face in my hands, muttering something like, *"Dear God, why one per day - why?....."*. It was at that moment - I cried !

Q I am getting a sharp pain in my lower bicep and I cannot seem to shake it off - what do you think? I get it on most lifts but not in the bench which is strange? What could be the cause do you think?
Alan Dwight,
Surrey

A Betcha a tenner you can also do press behind neck with no problem too! This means that you will most probably have pulled or tore your front delt. Strange but true. The lower bicep always feels the strain after such an injury. You could have twisted your arm whilst doing something like biceps curls with dumbells or even a barbell. Lateral raise can also be a swine for this too. I would suggest that you continue to train the areas that hurt but LIGHT and CAREFULLY. Doing this will maintain a flushing effect of blood and eventually clear the torn tissue away and refresh it with new blood that will repair and heal the area easier.

Gradually pick up the weights and break it in slowly. There is nothing worse that having to stop, however, should the pain continue to get worse, then you must rest and let the area heal. It is the only other alternative.

Q I am an athlete not a body-builder but still occasionally use the juice as you would appreciate. But my wife and I are considering starting a family. I am on the gear but I am going to come off anyway, but having been on, will it affect the baby if she gets caught? Can you help Mick?
John Smith, Chicago

A Yes, I would be happy to but you first you have to tell me three things please. The first is what times do you train? The second, does your wife like a tongue in her ear? And the third is, just how fast can you run? Heh heh, sorry mate, just, er, kidding - ish!
Look, Barry, I have four kids who ALL were more or less concieved when I was using gear. They are all perfectly formed, strong, healthy good looking kids. The only thing that the gear can do to you is lower your sperm count, it will not harm the baby in any way. Having an abundance of testosterone will not bother you, your wife nor the child. Take that as fact. OK, I agree that if you come off the gear the chances of your wife getting caught MAY be better, but personally I could throw a tennis ball into the air and get it pregnant even when I am on the gear.
Two final things John, is *Smith* a very popular name amongst athletes and the second, I hope that you are not a hurdler 'cos you would be for the 'high jump' if you are!! (yeah I know, I write this stuff and I cannot believe how good it is too!) Only joking mate, besta luck to you and your missus. Finally don't forget to tip her upside down afterwards. You know it makes sense - I think?

Q My calves have always lagged behind due to the fact that I have not trained them very much at all? If I did start, would it be possible to get away with training them maybe once per week, or even per fortnight? I simply hate the painful feeling that I get after I train them.
A. Marsden,
Lancs.

A Do you know mate, I had nearly gotten through a full box of tissues after reading your letter - yeah nearly a full box! Then I thought, nahh, bollocks to him he is a mardy arsed piss flap who wants everything done for him. There is one thing, your name

NOT CHANGED, (hee hee) suits you down to the ground. Did the girls used to hit you at school mate? I thought you started training to be a better man? Your previous letters stated that you did. Get the fuck down off your high horse and train them for God's sake - or do you pray that he do them for too? To achieve as perfect a balance as is possible with a bodybuilding physique, whether you are big or small, is phenominal in itself. The fact that the person has given equal amounts of time to each individual muscle group,whether they like it or not, wins it for me every time.

If you train them or not is obiously your choice but if you do decide to at least aim to hit them say, Tuesday and Friday one week; the next, maybe Monday and Friday. Change the days and don't stick to a definite routine day that you dread. This is true in a lot of cases. Good calves have been built on only four sets per session, 12- 5 reps per set. You may find that your reaction to calf training is fast, I don't know! But neither will you unless you try it! You want to compete you said in your last very *lonnnnnng* letter? With that attitude, you have got about as much chance as I would if I wrote for **NATURAL BODYBUILDER** magazine and expected people to believe me! (Mind you, would they?
Hmnnn, job prospect or what?).

Q Your honest opinion Mick, which is the best exercise that you think for the lower abs? I know about leg raises, but is there better? By the way, I am not fat, it is for my friend!

Lisa Shepherd,
Kent.

A My personal opinion, the best lower ab exercise is most definitely HANGING KNEE RAISES - without a doubt. This exercise, if done properly, will tighten up the lower gut like nothing else. You do this by hanging of say a chinning bar or something like it and keeping your backside as still as possible, lift your knees as high as you can. To get a good pull out of it, you can actually slightly swing your backside back as you pull up your knees. This will allow you to get more height and by doing so will allow you to lower your knees as slowly as possble putting even more stress on the negative movement of the exercise. Shit this hurts a lot but it will really work if done properly. You will know if you have got it right. Try it with crunches in a superset fashion. *Whoaaaaaaa!*
(I cut cheese regular on my abs for our salads - cream cheese that is!)

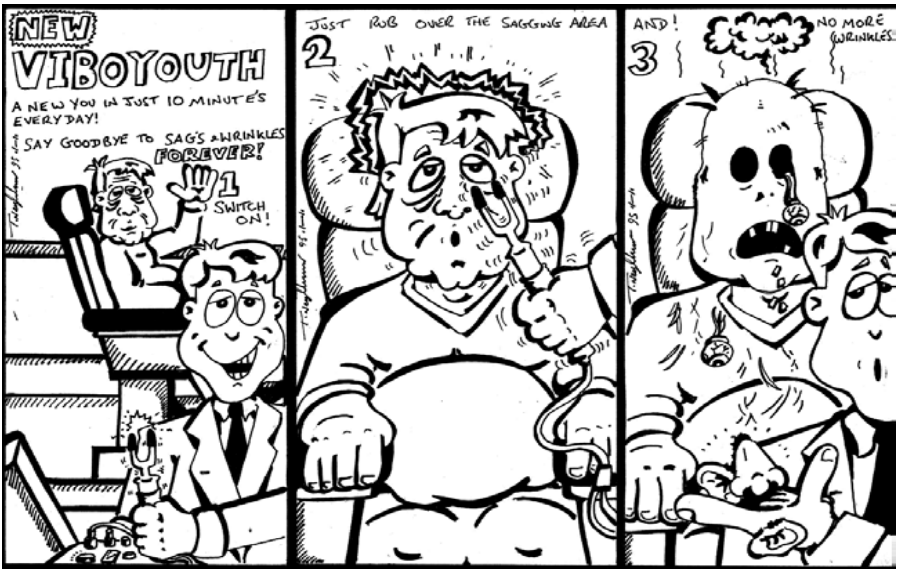
Q What combination of exercises can I do to hit my abs from all sides to ensure balance and a tight waist? Also, will creatine help me to lose weight. I understand that I have to watch my calories.
Mel Stevens,
Canada.

A Try this combo for guaranteed results. Do it in a quadraset style, the first, second, third then the fourth exercise follow one after the other till all four are done. Then rest for as few minutes. No rest for you in between the 1 - 4. NONE! These are best done in the order given here.

1. **Crunches** - 1 set to max. For upper abs.
2. **Knee raises** (off the floor or hanging) 1 set to max. For lower abs.
3. **Good morning bends** (use empty barbell) bending forward from the waist, knees slightly locked - 1 set of 20-25 reps approx. Use a little more weight if needed. For lower back and backside.
4. **Light dumbell side bends**, deep stretch. For obliques, side, hips etc.

Reference the good morning bends, think about it. If you can strengthen the lower back and tighten it, it will pull the front fat tighter - get it! Plus you will be able to bend a nail on your arse after a few weeks it will be so hard! Try about three run throughs or combos, less if it is your first time. Build up to it gradually.

Q What is your opinion of the electro muscle stimulators that all of a sudden have risen from the ashes? DO they really work like they say they do? I still think that it is hard to believe one machine can



do so much. Could such a thing give me a six pack like the ads say? I want to believe in the theory and that it can work, but honest Mick, what do you think? Would I be wasting my money or what?
Gareth Holmes,
Peterborough.

A Honest and personal opinion? Fucking shit, that is what I think they are! Now for easing a torn muscle - great. As a massage implement - great. As a marital aid - great. As a sustitute for hard training in the gym, well I ask you to think about it yourself. Do you really think that by strapping a few electro pads on to your fat gut, it will whittle away unwanted pounds? Do you really fucking well think that it will do the job that we have been doing in the gyms now for years and years. Does it mean that all we have to do is strap on this shit and no more strenuous training. Well all I can say is that it is all over, I do not have to go to the gym anymore! Do you really honestly believe it. Because if you do, then please come around and I will personally monitor your progress and if it works I will publically call myself a twat and pay for your machine myself. I know for a fact that I am a twat, but I ain't worried about paying for no machine. Really think about it.

Q I hate doing just sit ups and cycling for my cardio, it can get so boring. What form of cardio do you suggest for all round fitness and weight loss?

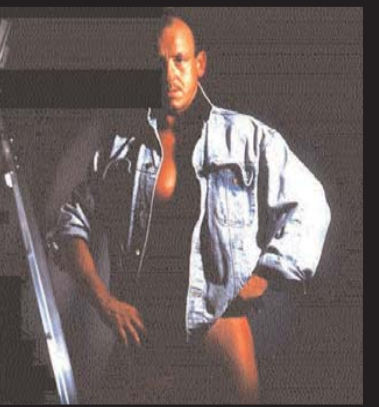
James Gilroy,
Austin, Texas

A I reckon that the best form of cardio for men and women is bag work - the old punch bag! The BEST form of fitness training that you can get. It burns off fat, get rid of aggression, tones you up and you better believe it, you don't have to do much to be knackered! Invest in one; I have been bag training for years, not only for kick-boxing but for fitness to. It is a shit hot method of burning fat. Try it and enjoy.

Q Mick, I went out of my way and bought one of those fancy stair masters from one of the fitness shows but I still cannot get up the stairs any quicker and I am still in charge? Why is this and can I have a t-shirt for my question?
A. Marsden,
Lancs.

A Why? I'll tell you why. Because you are an absolute cunt and sorry, no t-shirt! However, I am going on a 5 mile hill run in my sweat pants and will be happy to send my skiddy knickers. Please accept them with my deepest respect. Not!
(Honestly reader, this was a GENUINE letter - I laughed my balls off. Don't need the gear now!)

Steroids: The Layman s Guide II



Whether you love 'em or hate 'em, steroids are here to stay, that is a fact! The trick is to make sure that should you decide to use them, you do so with all the knowledge that you can muster, so with care ensuring safety at all times.

Unfortunately, gaining some of that knowledge can be quite frightening when understanding it is the first hurdle to get over. Here, Mick Hart, in his second book in the series, explains their use in a way that we all can understand without having a medical degree. It is done so in his own inimitable way; straight from the hip, with humour, with aggression, but at all times, with honesty. We all can understand that!

The first book in the series, The Layman's Guide to Steroids, was an outstanding success to which the demand was so great for more understandable knowledge on this subject, a monthly magazine called the NO BULL COLLECTION was born, currently enjoying increasing readership and popularity.

Please absorb, understand and enjoy the way Mick Hart's LAYMAN'S GUIDE II has been written for you which in all honesty can be truly guaranteed that there is NO BULL included!

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